

Here is the brief for Thursday 29 April 2021.

Testing extended amid rising COVID-19 cases in Moray Since 10 April, Moray has seen more than 100 new cases of COVID-19, with around half of those in the last seven days as the infection rate increases locally. Moray currently has one of the highest rates of Covid-19 in the country and is well ahead of the rest of the Grampian region. In the last week the area accounted for close to 50% of Grampian’s cases – but is home to less than 17% of the population. The rate per 100,000 people in the area currently sits at 50.1. In Aberdeen City the rate is 15.7 while Aberdeenshire is at 8.4.

Although cases are scattered across the region, Elgin has seen the majority. As a result, community testing is being expanded, with encouragement to those with symptoms including sore throats, headaches and diarrhoea to book tests immediately.

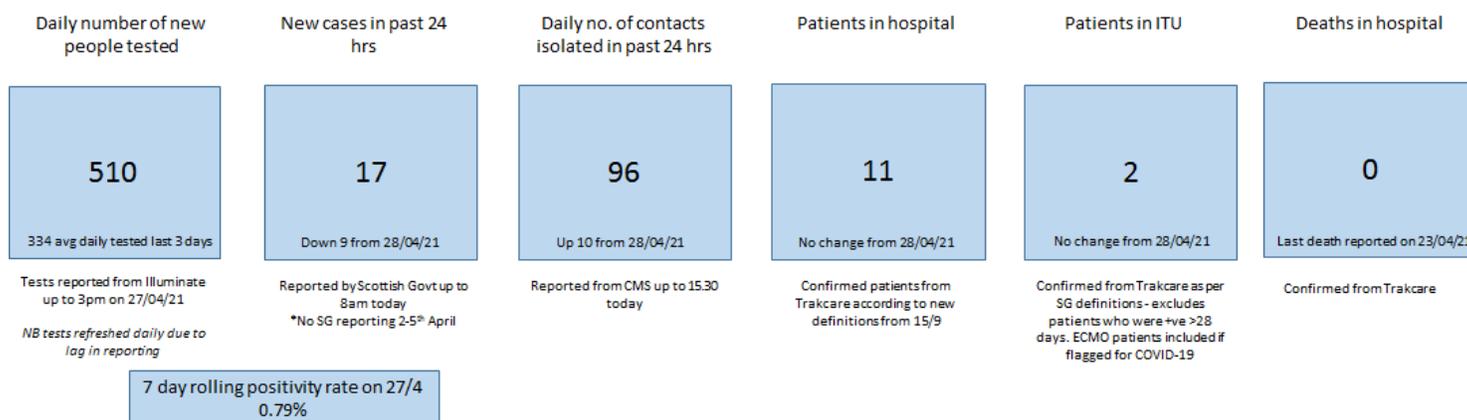
Susan Webb (Director of Public Health) said: “We really are on a worrying trajectory in Moray and it is vital everyone ensures they are sticking to the rules to ensure the area isn’t left behind as the rest of the country unlocks.

“Due to this rise, we’re extending our usual testing service. As well as asking those with the usual COVID symptoms to get tested, we need those experiencing ‘mild or extended symptoms’ to come forward for testing. This wider range of symptoms includes chills, fever, a dry or productive cough, sore throat, headache, runny nose, shortness of breath, general weakness, muscle pain, diarrhoea, or loss of taste or smell to book a PCR test immediately. You can do this online by going to nhsinform.scot or call 0800 028 2816 if you cannot get online.

“We continue to offer rapid testing for people who do not have symptoms at Williamson Hall, Moss Street in Elgin. You can find opening times and other locations in the region at www.moray.gov.uk/Covid19. If people, who have no symptoms, are out shopping or getting a coffee we’d encourage them to pop past to get a test and offer themselves some reassurance and help protect the community from those asymptomatic cases.

“It is vital we get the virus back under control in Moray and not let it run away from us.”

Grampian data The local figures for today and the 7-day rolling positivity rate are shown below. As a reminder, this rate is arrived at by dividing the number of positive tests in the past 7 days by the number of tests carried out in the past 7 days. Repeat tests are included in both categories, whereas the figures we show here only record new tests.



If you are interested in seeing what is happening in your area, this information is published daily by Public Health Scotland. All you need to do is click [here](#) and select the appropriate local authority area.

World Hand Hygiene Day – 5 May - washing hands can contaminate aprons due to a splash contamination risk The point of care delivery is the place our patients, our workforce and environmental surroundings come together, where we are enabling the provision of direct care and treatment. This campaign's focus on enabling and encouraging us to "achieve effective hand hygiene action at the point of care", has identified that sometimes aprons are being donned or kept on whilst we undertake handwashing. This enables the apron to become contaminated by splash or spray from the hand washing procedure, and / or water source, which may then be introduced transmission risks to the patient or their immediate environment via direct contact.

During the application of Standard Infection Control Precautions (SICPs), and within the amber and red COVID-19 pathways, a clean disposable, single use apron should be worn for close contact with a patient known or suspected to have an infection, or when exposure to blood, bodily fluids, secretions or excretions is likely.

Healthcare workers, including domestics, porters, and direct care providers, should apply alcohol-based hand rub, or wash hands with water and soap if visibly soiled and dry thoroughly, prior to donning any PPE required for their pending task

If you require further advice or clarity, please discuss this with your supervisor, your line manager, the local hand hygiene auditor or the Infection Prevention & Control Nurse aligned to your workplace, and click on the links below to find more information

[National Infection Prevention and Control Manual: Chapter 1 - Standard Infection Control Precautions \(SICPs\) \(scot.nhs.uk\)](#)

[National Infection Prevention and Control Manual: Appendix 1 - Best Practice - How to Hand Wash \(scot.nhs.uk\)](#)

[PPE Literature review Aprons and Gowns V1.0 \(windows.net\).](#)

[National Infection Prevention and Control Manual: Scottish COVID-19 Infection Prevention and Control Addendum for Acute Settings](#)

Calling all acute sector nursing staff Researchers within the School of Nursing, Midwifery and Paramedic Practice have been awarded funding by Robert Gordon University to explore the experiences of nurses working in NHS Grampian acute sector during the COVID-19 pandemic. This study aims to explore how working during the pandemic has impacted on these nurses professionally and personally, their experiences of trying to support students and new graduates during this time and their future career intentions. Participation will involve completing a short questionnaire with the option of taking part in an interview via Microsoft Teams with a RGU researcher, which we expect to last up to 60 minutes. Those who participate in the questionnaire will be entered into a prize draw for a £50 Amazon voucher and those who participate in the interview will be given a £20 for their time.

If you are interested in finding out more please email Aileen Grant, Senior Research Fellow: a.grant17@rgu.ac.uk for further information.

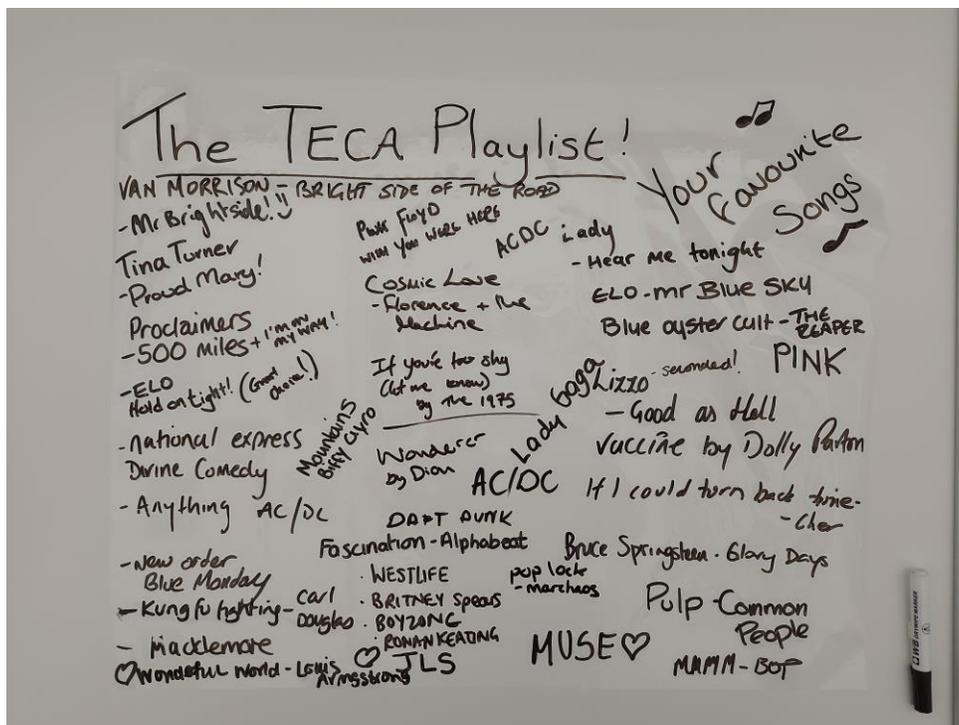
REMINDER - PPE supply – upcoming store closure Due to the May Day Public Holiday, the PPE Store will be **closed** on Monday 3 May 2021. Please ensure you have adequate supply to cover this closure. Site and Capacity colleagues will be available on Monday for extremely urgent supplies **only**.

Safe socialising We know this weekend is set to be a big one for many – hospitality has reopened, paycheques are hitting bank accounts, and Monday is the May Day holiday – so how do you enjoy this safely? We've been brainstorming some top tips for those of you heading out this weekend. We'd love to hear from you too – please note our tongues are firmly in our cheeks with some of them!

- One pub is better than no pub is better than lots. You don't have to pack four months' worth of socialising into one weekend.
- Make sure you have something to eat before you head out – and know your limits. You aren't obliged to stay out until closing time.
- Lots of venues are encouraging advance booking and time limited slots. Share the love by booking one slot at your favourite bar or pub, rather than stacking them up.
- Remember your face covering. You'll need it if you are going into venues for a meal. It also lends you a certain anonymity and makes it easier to avoid 'that' acquaintance (be honest, we've all got one of those...)
- Focus on quality, not quantity. While we can meet in groups of up to six people from six households, why not keep your group smaller? (Also helps with avoiding 'that' acquaintance.)
- Meeting indoors with other households isn't permitted in Level 3 restrictions so, for now, the after party will have to wait.

If you're planning a garden gathering this weekend, we'll have some top tips for you in tomorrow's brief.

Tunes for the day Today our choices come courtesy of the top team working at the P&J Live mass vaccination clinic. Lots of quality tunes in the picture below; we can only link to one and really, it could only be [this one](#). Clear some space, turn up the volume, and give it your best Tina Turner!



Questions to ask? Information to share? If you have particular questions – or are aware of questions coming from friends and family – please share them with us. We may not be able to answer every question and it may take us time to get a proper answer, but we will endeavour to respond and share the answers. You can get in touch with us via gram.communications@nhs.scot. Please also use that email address if you have items for consideration for future briefs.