

Here is the brief for Tuesday 9 March 2021.

**Easing of Restrictions** The rules on meeting people from other households outdoors will be eased from this Friday (12 March), as follows:

- Up to four adults, from two different households, may meet in any outdoor space including private gardens.
- Up to four people aged 12-17 will be able to meet in any outdoor space, with no household restrictions.
- Outdoor non-contact sport and organised group exercise will be permitted for all adults in groups of up to 15. There will also be some flexibility in the travel rules to permit young people to participate in group sports even if their team/club is in a different local authority area.

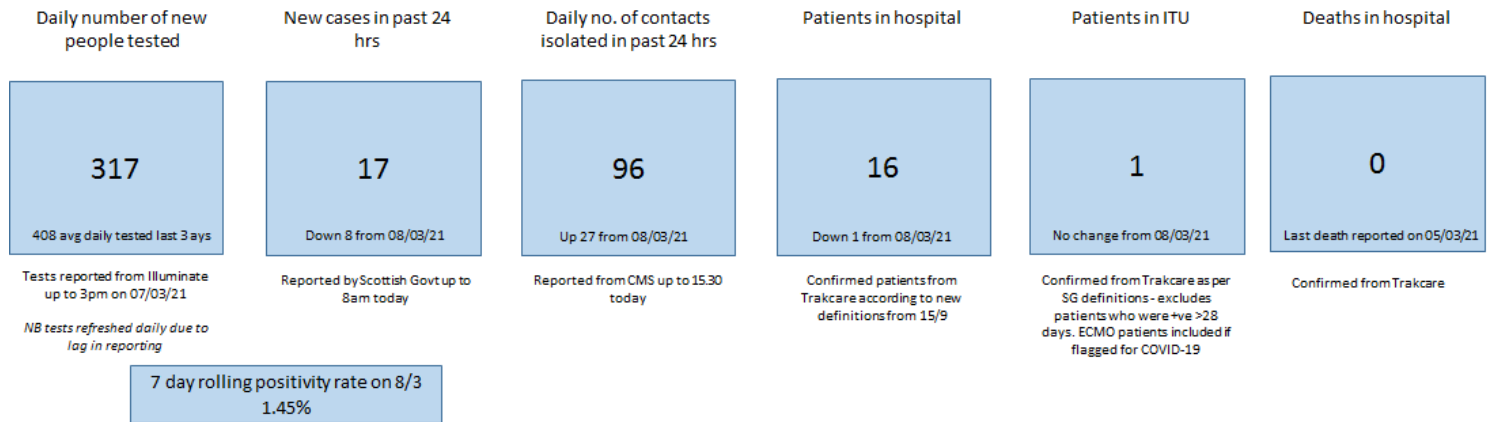
In addition, the Scottish Government has confirmed communal worship will resume on 26 March – assuming there is no deterioration in the current virus situation – with up to 50 people permitted to attend, providing the venue can support 2 metre physical distancing. It has also been announced that plans are being made to mark the first anniversary of lockdown – 23 March 2021 – with a national silence among the proposals. You can read the full statement from the First Minister [here](#).

**Lateral Flow Testing – Recording of results** It is important the results from lateral flow testing (including all negative, all inconclusive and all positive) results are uploaded regularly to the [www.covidtestingportal.scot](http://www.covidtestingportal.scot) website. In response to feedback from a number of NHS Boards (including ourselves), users will be able to create user accounts on the portal. This will be available from **Monday 15 March**.

If you choose to create an account, you will be asked a series of questions about where you work, and the kind of work you do; along with personal information such as contact details for contact tracing purposes. **This information will then be retained by the system so that, once signed in, each time you record a test you will only have to input information about the test itself and the result.** This will reduce the length of time manually entering personal data each time and will make it easier for LFD users to report their results. NHS National Services Scotland, Digital and Security are working hard to continue to improve the portal and have more developments planned, including the ability to see your testing history, and barcode reading functionality. Thank you for your ongoing patience and participation in the LFD testing programme.

**COVID-19 vaccination programme – evaluation** Public Health Scotland are undertaking an evaluation of the COVID-19 vaccination programme in Scotland to help understand what is going well and what can be improved as the programme is rolled out. As part of this, they are inviting frontline health & social care staff to take part in an anonymous online survey to help them understand your views and experiences of the COVID-19 vaccination programme. The survey is open to frontline health and social care workers (including care home and care at home staff) who work in Scotland and are eligible for the COVID-19 vaccine (whether you have been vaccinated or not). PHS are keen to identify both the barriers and the facilitators to getting vaccinated, in order to improve not just this vaccination programme but other schemes as well. The survey is completely confidential. Answers will not be shared with your employer and the research team will not know who you are. The survey should take 10 minutes to complete and is open until 19 March 2021. Please click [here](#) for more information and to access the survey.

**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 want to see more detailed information, including cases at neighbourhood level, click [here](#) for the Public Health Scotland daily dashboard.



**Eye protection** On Friday we shared information in the brief regarding eye protection. A full update, including images and order codes for key products is now available [here](#) (Intranet link, networked devices only)

**Thought for the day – an R number for kindness?** The R number has come to dominate many conversations over the last 12 months – but what if we thought about a R number for kindness? Dr David Hamilton is one person who has been sharing his ideas on this very concept. Studies have shown kindness to have a positive side effect on our lives from making us happier and improving our relationships, to anti-ageing and protecting the immune system. Dr Hamilton has been talking about the idea of kindness being contagious and when we are kind to someone (even as simple as smiling at someone and asking how their day is) the chances are they will be more inclined to be kind to others. If we considered a R number for kindness being 5 it has the power to ripple out and have a powerful impact on the world and who doesn't need a little kindness just now? If you want to understand more about this concept, you can listen to Dr Hamilton for yourself during his recent appearance on Radio 4's Don't Tell Me the Score – just click [here](#) (BBC website, you may need to set up an account if you don't have one already)

**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](mailto:gram.communications@nhs.scot). Please also use that email address if you have items for consideration for future briefs.