

Here is the brief for Tuesday 23 February 2021.

Scottish Government update on restrictions The Scottish Government has published an updated framework for the easing of restrictions, which you can read in full [here](#). Broadly speaking, they have outlined the following indicative dates:

- w/c 15 March – it is intended that pupils in Primaries 4-7 will return, along with some senior phase secondary school pupils. It is also hoped that outdoor mixing can be extended to 4 people, from no more than 2 households.
- w/c 5 April – it is intended the return to schooling for all remaining pupils will take place this week, along with the lifting of the ‘Stay at Home’ order. Communal worship should resume, and outdoor mixing will extend to 6 people, from no more than 2 households.
- w/c 26 April – the ‘Levels’ system will return, and it is intended that all of Scotland will move to Level 3 at this point. Non-essential retail will begin to reopen.

The Scottish Government have stressed that the above dates are only indicative, and each change will be very carefully considered. The overwhelming priority is the full return of education.

SIREN study/Effectiveness of Pfizer/BioNTech vaccine Early data from the SIREN study has been published, suggesting the Pfizer/BioNTech vaccine is effective from the first dose. The study – which we are participating in here in Grampian – focuses on healthcare workers. Those taking part are tested for the virus every two weeks, whether or not they have symptoms. Data show one dose of Pfizer reduces the risk of catching infection by more than 70%, rising to 85% after the second dose.

Early data suggest vaccinated people who go on to become infected are far less likely to die or be hospitalised. Overall, hospitalisation and death from COVID-19 will be reduced by over 75% in those who have received a dose of the Pfizer-BioNTech vaccine. We are still looking for volunteers to join the local SIREN study and support this vital research. If you would like to take part in this study, you will need to be:

- A patient facing healthcare staff member who works in secondary care (hospitals & specialists) - this includes all staff who work in an area where patients are present (e.g., porters, clinic admin, domestics, as well as medical/nursing/AHP staff). **Primary care staff who are patient facing can also participate, but they must be willing to attend the SIREN Hub (ARI concourse).**
- Willing to remain engaged with follow-up for one year, even if you move to another healthcare organisation.
- Able to attend the hub for the duration of 12 months to give blood samples (monthly) and undergo a throat & nose swab (fortnightly)

You do not need to have been previously confirmed to have COVID-19 to take part. You can participate in the study whether you have had the COVID-19 vaccine or not.

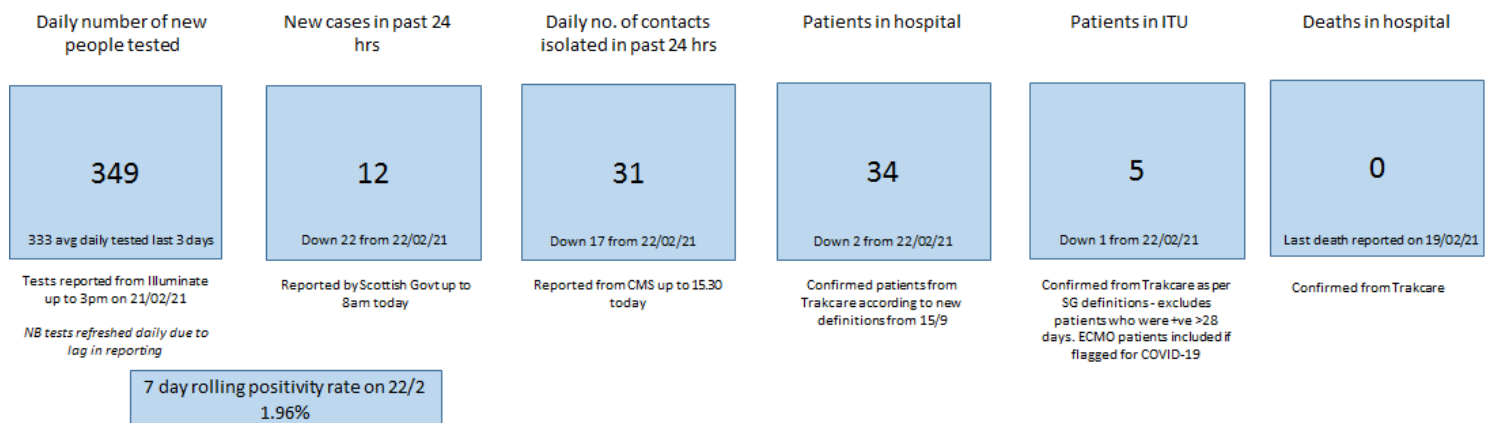
Along with vaccine effectiveness, the SIREN study will also continue to aid our understanding of how long immune responses last. If you would like to find out more, please watch [this short video](#), then email the team on gram.NHSGSiren@nhs.scot

Asymptomatic community testing – Aberdeenshire Today we are highlighting the asymptomatic community pilot in Aberdeenshire. As noted yesterday, each of the local authorities in Grampian are taking a slightly different approach to the scheme, to match the needs of their communities. For Aberdeenshire, the Community Testing Centre will operate out of the Rescue Hall in Peterhead from 8am-4pm during the first week, from 8am-8pm seven days a week thereafter. The pilot will run for a total of 12 weeks.

It is open to anyone who lives, works, or studies in the town and results will be provided on the day. Booking in advance is not required and people are being encouraged to pop down when they are returning home from essential trips such as food shopping/collecting prescriptions so as not to make more journeys than strictly necessary. People who are shielding can request a home test kit by calling 01467 468820.

Acute staff support at Maggie's centre This is no longer a drop-in service, however 1:1 sessions with a psychologist are available for acute staff via booking on gram.support.acute@nhs.scot where a time can be arranged for a session on Teams or face-to-face at Maggie's centre, Foresterhill Health Campus.

Grampian data The local figures for today and the 7 day rolling positivity rate are shown below. If you click [here](#) you can visit the Public Health Scotland website, which includes neighbourhood figures for all local authority areas in Scotland.



Virtual wellbeing check-ins sessions available for shielding staff Wellbeing check-ins are an opportunity for staff who have been Shielding to share what's going on for them in a MS Teams session. Please come along and tell us how it is for you. We are here to listen, and have wellbeing information and other supports to share. You're also invited to have a say about what you need, as NHS Grampian moves forward. There are three dates available (sessions will last for approximately 75 minutes):

- 2pm, Tuesday 16th March
- 9.30am, Wednesday 17th March
- 2pm, Monday 22nd March

Contact heather.haylett-andrews@nhs.scot to book your space; managers, please share this information with any shielding staff in your team.

PPE donning & doffing training – date change For one week only, there will be NO PPE donning and doffing training session on Tuesday 2 March; instead, it will take place on Wednesday 3 March at 11am. The following week it will return to the usual Tuesday at 11am. The sessions are open to all health & social care staff and delivered via MS Teams, email gram.ipc-donn-doff-training@nhs.scot for a place.

Cyber Security Week Can you spot a Phishing Email? Has your email been part of a breach? Are you confident at managing your passwords? Links to help you with all of these are available [here](#); don't forget to take the survey – the link is available at the bottom of the page.

Thought for the day – when proofreading goes wrong...



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.