

Core brief

Daily update

(11 January 2022, 3.55pm)

Topics in this Core Brief:

- Changes to Lateral Flow Testing
- Active Staff - Guided health and Wellbeing Walks
- COVID-19 Key Safety Theme - Remember to adhere to Maximum Occupancy

Changes to Lateral Flow Testing

Early identification of COVID-19 cases is even more important given the higher rate of transmission of the Omicron variant. As such, all Health Care Workers are now strongly encouraged to test daily. As such we urge you to carry out a LFD test daily prior to coming on shift and even on your days off particularly if you are planning to meet up with family and friends.

This is particularly important for all staff who are physically working within our premises, regardless of role or service area. There are also changes to the exemption to LFD testing within 90 days of a positive PCR test. From now on, if you now have a positive PCR test, you should resume LFD testing immediately after your isolation ends.

You must continue to record all your results (regardless of whether they are positive, negative or void) on the [NSS Online Portal](#). This is particularly important now since it is essential that there is an accurate understanding of the rate of transmission of COVID-19 across all healthcare workers and the impact of the virus on the workforce.

To support the increased frequency of testing NHSGGC, along with all Health Boards in Scotland, is moving to Orient Gene LFT kits with 20 tests per box. All staff and services MUST use up all existing stock of both the Innova brand and Orient Gene (7 test) boxes first, so they are used within their expiry date. The Orient Gene (20 test) boxes of kits are available to order through PECOS through your service.

The different kits currently in circulation have different instructions for their use and it's essential that staff are familiar with the instructions for their particular kit. There is a [poster](#) that can be downloaded summarising the key differences and a wide range of information and resources on the [NHSGGC staff LFT webpages](#). Thank you for your ongoing support for this key aspect of testing to help control the spread of COVID-19.

Active Staff - Guided health and Wellbeing Walks

More of us than ever have enjoyed heading out for a walk and connecting with nature over the past 24 months. We are now into 2022 and the colder weather is with us. It can be a little harder to find the motivation to get outside over the winter months.



We all feel better for getting out in the daylight, and a winter wander is a great way to boost your mood, meet likeminded colleagues and top up your essential dose of vitamin D.

Winter days may be shorter and colder but getting out in the fresh air is always worth it.

This winter Active Staff is encouraging everyone to embrace the season, wrap up warm and get out exploring, with our 2022 guided Health and Wellbeing Walks.

Enjoying walking, connecting with nature, and getting fresh air are things that more of us than ever have valued since the start of the COVID-19 pandemic and, as we head further into Winter and towards Spring, Active Staff is here to inspire and encourage everyone to embrace the season and get the most out of being outdoors.

From short coffee strolls with friends in your local park to longer walks through winter woodlands, hills or along bracing coastlines, there really is a lot to love about winter walking.

So, don't spend the winter indoors – you'll feel a lot better if you make the best of the short days by spending time outdoors as much as possible.

From warming treats to epic skies, winter walks can be just as much fun if you grab your walking shoes, coat, gloves and get out there.

Click [here](#) to find out more and how to register for one of our guided Health and Wellbeing Walks coming up in January and February.

COVID-19 Key Safety Theme - Remember to adhere to Maximum Occupancy

As part of the physical distancing control measures in place, the maximum occupancy of rooms and offices should be displayed on the doors. Please check the occupancy limits on entry (including lifts) and do not breach the maximum number.




Managers should ensure that the number of chairs in an area does not exceed the maximum occupancy. Excess chairs should be removed from the area or taped off to avoid use.

For shared rooms, such as meeting rooms and rest areas, Managers should liaise with each other to ensure the risk assessed control measures are maintained.

Information relation to Physical Distancing can be found [here](#). If you have any ideas to improve Physical Distancing practice, please share with your line manager and email here: SDCommsGroup@ggc.scot.nhs.uk

Lateral Flow Tests - Available to all staff

Speak to your line manager about where to collect your test kit, then:

 Register your kit	 Test daily	 Record your results
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Keep your colleagues and patients safe from COVID-19

Help stop the spread!

Visit: www.nhsggc.org.uk/lfd-stafftesting

Please keep up-to-date with the latest guidance on our dedicated web pages at: www.nhsggc.org.uk/covid19. If you have any questions about the current situation please check the FAQs first. If you have any further questions, please email: HR.Support@ggc.scot.nhs.uk.

***Staff are reminded to make sure their [personal contact details are up to date on eESS](#).

**It is important to share Core Brief with colleagues who do not have access to a computer.
A full archive of printable PDFs are available on [StaffNet](#)**