

Core brief

Daily update

(20 December 2022, 3.00pm)

Topics in this Core Brief:

- Get your Winter Protection against Flu and Covid
- Stay healthy this winter – Take 10 micrograms of Vitamin D daily
- RMT Industrial Action

Get your Winter Protection against Flu and Covid

This year, all frontline healthcare workers are being offered the free flu and COVID-19 vaccines as part of the winter vaccine programme. Flu and COVID-19 are very infectious respiratory viruses. They can be serious, even if you're healthy. Each year in Scotland, people are hospitalised because of them.

Having the vaccines will reduce your risk of getting the viruses and of spreading them to family, friends, colleagues, and clients, who may be more vulnerable to serious complications from flu and COVID-19.

As protection reduces over time, it's important to have the vaccines when you're offered them.

We hope to help protect all frontline healthcare workers, and the patients we support. We are encouraging everyone who is eligible to get vaccinated. The vaccine this winter now protects against two variants of Covid.

What should you do next?

Please read [the Flu and COVID-19 vaccines: Important information leaflet](#) for more information on the vaccines.

How to get your vaccine

Frontline healthcare workers should book an appointment now on the [vaccine booking portal](#) or follow advice from NHS Greater Glasgow and Clyde on any local arrangements. We now have drop in clinics available – for details please visit: [NHSGGC - Autumn Winter Vaccination Programme 2022](#) (Scroll down to Drop In Clinics).

If you're booking an appointment on the online booking portal, all usernames and passwords are the same as used for any previous dose of the COVID-19 vaccine. You may be able to find your username on any COVID-19 vaccine appointment letter you received in the past. If you can't remember your password, don't worry, you'll be able to recover this online. If you can't find a suitable appointment, please keep checking as new ones are added regularly.

If you can't access the booking portal, call the Vaccination Helpline on 0800 030 8013. Please be aware that the helpline only has access to the same appointments on the portal.

The COVID-19 vaccine should be given at least 12 weeks after your last dose. If you have recently had a confirmed COVID-19 infection, you should wait 4 weeks from the date of the test or first symptoms (whichever is earlier) to get the COVID-19 vaccine.

Stay healthy this winter – Take 10 micrograms of Vitamin D daily

Did you know that in the winter months (October – March), we are unable to get enough Vitamin D from sunlight? It is also difficult to get enough vitamin D from food. Food Standards Scotland recommends taking a 10 microgram vitamin D supplement daily throughout the winter months.

Why is this important?

Vitamin D helps improve bone and muscle health. Some groups are at a higher risk of vitamin D deficiency and are recommended to take a supplement year round.

These include:

- Pregnant and breastfeeding women
- Infants and children under 5 years old
- People who have low or no exposure to the sun, for example those who cover their skin for cultural reasons, are housebound, confined indoors for long periods or live in an institution
- People from minority ethnic groups with dark skin such as those of African, African- Caribbean and south Asian origin, who require more sun exposure to make as much vitamin D.



Support and guidance

Visit the [Food Standards Scotland website](#) for more information about the importance of vitamin D.

RMT Industrial Action

The RMT has announced further national strike action across the UK railway network in a dispute with Network Rail and other train operating companies. This means RMT members will be taking part in strike action on 24-27 December, 3-4 January and 6-7 January.

The planned strikes on these days will cause disruption to ScotRail services, as Network Rail signallers and maintenance staff, who are in safety-critical roles, will be on strike. In addition, there is likely to be a residual impact on the days following the industrial action as Network Rail staff return to work and carry out safety critical checks. More information on the services that will operate is available from [ScotRail](#). If you have any concerns about travelling to work during the strikes, please speak with your line manager to discuss your situation.

For up-to-date information on roadworks and transport news, visit our [website](#).

If something isn't right, let's talk about...
Whistleblowing



Whistleblowing

This is a way you can formally raise concerns about an issue that is in the public interest, such as patient safety or suspected malpractice. You can find out more information about the whistleblowing process by visiting National Whistleblowing Standards | INWO (spsa.org.uk). To submit a formal whistleblowing concern, please email ggc.whistleblowing@ggc.scot.nhs.uk.



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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](#)