

Core brief

Daily COVID-19 update
(20 May 2020, 5.50pm)

Topics in this Core Brief:

- Life on the Frontline
- Wash your hands regularly

Life on the Frontline

Next up in our Life on the Frontline videos is [Dr Andrew Mackay](#), Consultant in Anaesthesia and Intensive Care Medicine at the Queen Elizabeth University Hospital.

Dr Mackay talks about how the work in his area has had to change and adapt on a daily basis and how his home life has become a balancing act during the COVID-19 outbreak.



Wash your hands regularly

Staff are reminded that maintaining good hand hygiene is always important but never more so than in the current circumstances.

One of the most important measures you can take to protect yourself and others from COVID-19 is regular and safe hand hygiene.

You should continue to wash your hands more often and for 20 seconds using soap and water or alcohol hand sanitiser.

Please keep up-to-date with the latest guidance on our dedicated web pages at: www.nhs.gov.uk/covid19. If you have any questions about the current situation please check the [FAQs](#) first. If you have any further questions, please email: staff.covid19@ggc.scot.nhs.uk

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

Going Home Checklist

Take a moment to think about your day and acknowledge the **most difficult thing** at work today... **then let it go.**



Hard to switch off? There is help

www.nhs.gov.uk/covid19/staffsupport



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](#)