

Core brief

Daily update
(20 April 2021, 1.20pm)

Topics in this Core Brief:

- Lateral Flow Testing reminder
- COVID-19 – Protect yourself and others
- I would walk 6500 miles – NHSGGC staff in mammoth charity challenge

Lateral Flow Testing reminder

We would like to thank all of you who have been using Lateral Flow Device (LFD) Testing regularly and are continuing to do so. If you have not started testing yet we would encourage you to take part and your manager will be able to provide information on how to access the test kits. We know that people can carry and transmit COVID-19 while being asymptomatic and by using LFD testing it means asymptomatic COVID-19 positive people can self-isolate immediately, reducing the risk of spreading the virus to others including patients, colleagues and family.

Using the Lateral Flow testing kit couldn't be easier. Simply register your kit as soon as you receive it and then regularly record all of your results (even negative results) using the online portal. It is important to continue to test twice weekly, even if you have received both vaccine shots. A step by step guide is available on the [website](#).

Updated FAQs are available on our [website](#), which should answer any questions you might have. However, if there is anything that isn't covered and you need some further help, please email: ggc.lft@ggc.scot.nhs.uk

We understand that the previous registration process took time, however, the portal has been improved based on your feedback. As we progress to more opportunities to meet our friends and families in the coming weeks it is very important that we keep testing to ensure our patients and colleagues are not at risk.

Please remember:

- Register your kit
- Test twice per week (unless you are using PCR, which means that you only need to use LFT once) and record your results
- If you have tested positive through PCR you should not commence/recommence the LFT testing programme until 90 days after your positive test result
- If you register a negative test result with your LFT, but are showing symptoms of COVID-19, you must self-isolate and book a PCR test through either [NHS Inform](#) or the [staff testing site](#).

It is vital that we all play our part in helping to identify positive cases early to help us learn to live with the threat of the virus and safely return to everyday activities and lives.

Lateral Flow Tests - Available to all staff working on site

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



Register
your kit



Test
twice per week



Record
your results

Keep your colleagues and patients safe from COVID-19

Help stop the spread!

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

COVID-19 – Protect yourself and others

Remember:

- [Stay at home if you have symptoms](#) – Please display this poster in a visible area.
- When in the [workplace](#), remember to comply with two metre Social Distancing and [wear a face mask/covering](#) – on breaks, using changing rooms, arriving at work, leaving work and outside of work! Ensure staff have been briefed on the use of face masks/coverings
- Avoid car sharing
- Wash your hands regularly and avoid touching your face
- Avoid sharing equipment including stationery, keyboards and telephones and ensure cleaning protocols are in place.
- Ensure protocols are in place so that high touch points are cleaned regularly including door handles and [screens](#).

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

I would walk 6500 miles – NHSGGC staff in mammoth charity challenge

Labour Ward staff at the Princess Royal Maternity are in the middle of a mammoth money-raising walking challenge.

All the way from here to Singapore, virtually!

A total of 65 staff have pledged to walk 100 miles each throughout April, to support the Quarriers maternal mental wellbeing service.

The 6500-mile adventure was the brainchild of Charge Midwife Jen Johansson, who wanted to do something to help people who might be struggling in these difficult times.

Jen said: “Mental health is such a big issue right now, and for new mums getting the right support when they need it most is really essential. If you can spare a few pounds, we’d be really grateful if you could support our efforts by going to our Just Giving page (www.justgiving.com/fundraising/jennifer-johansson). Thank you.”

And it’s not only Quarriers that is benefiting. The group has found that the challenge has had a positive impact on staff wellbeing too.

“The team set up a WhatsApp group where people could post pictures and update everyone on their progress,” said Vicki Mazzoni, Lead Midwife for North Glasgow.

“It’s turned out to be amazing – we’ve been able to keep everyone motivated and supported, and it’s been really good for staff wellbeing. And now people can meet up, it’s going to be even better.”



Social distancing is everyone’s responsibility

Don’t encroach on your colleagues’ desk area,
maintain social distancing when talking



Do it, encourage it. Don’t spread the virus at work or home

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: staff.covid19@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](#)