

# COVID-19 Brief

coronavirus



Here is the brief for Friday 4 February 2022.

**The state of the virus** A significant date slipped past almost unnoticed this week – it is now two years since the first domestic case of COVID-19 was confirmed. We can all agree, the last 24 months have been quite the experience. Nor have we solely been dealing with COVID-19 in that time; severe weather, such as the storms we saw last weekend, has proved a frequent test.

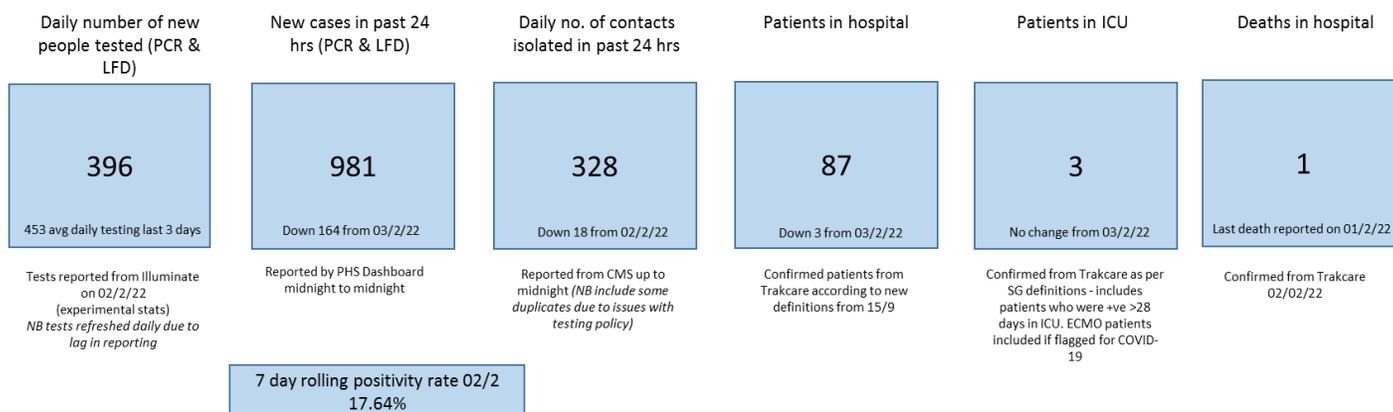
Our communities have played their part too. At the most sociable time of the year the majority of people followed the public health advice aimed at reducing spread. 97% of the Scottish public report wearing a face covering when outside of their home – a figure that was particularly high while shopping.<sup>i</sup> People have mixed much less with others when asked to do so - over the festive period, contacts were between 5-6 daily, compared to around 10 pre-pandemic.<sup>ii</sup> 97% of people reported wearing a face covering when outside of their home, particularly while shopping. 86% of people took a lateral flow test in the past week; in another show of support, Grampian had some of the highest reporting of lateral flow test results in Scotland – ‘not leaving the job half done’!

Our weekly [situation update video](#) looks at trends in case numbers, there has been a slow increase over the past fortnight in Grampian, particularly in Aberdeen and Aberdeenshire. This could be an early warning sign of change since restrictions were eased, but could be due to normal fluctuation and time will bear that out. The encouraging signs overall remain. A fall in cases amongst health & social care staff in Grampian and a slight reduction in new COVID admissions this week – all helping a sense of optimism. Hospital occupancy has stabilised but remains high - about 68% of the maximum occupancy in January 2021. Given the sheer scale of infection we have seen since December, this is perhaps our most optimistic sign about disease severity and harm.

<sup>i</sup> ONS. Opinions and Lifestyle Survey (Covid module). 6-16<sup>th</sup> January 2022

<sup>ii</sup> Scottish Government. Modelling the epidemic (various issues) 2021 and 2022

**Grampian data** The local update for today is shown below. A complete national report, including the option to view cases at a neighbourhood level, [is available via the Public Health Scotland daily dashboard](#).



**Focus groups** Thanks to everyone who has been in touch regarding our planned staff focus groups. We're pleased to say we have a number of volunteers and work is underway to set the first meetings up. We'll feedback on those discussions via this brief.

**NHS Scotland event – poster competition** Thank you to everyone who has already been in touch regarding the submission of an abstract for this competition. Please note the deadline for submitting abstracts **and** receiving Corporate Communications support is Monday 7 February. This is **NOT** the final deadline for submitting abstracts, simply the cut off date should you wish to get local input on the content of an abstract. Please note abstracts should be sent to [gram.conference@nhs.scot](mailto:gram.conference@nhs.scot) and not the individual address highlighted on the abstract form.

**Digital Health & Care Leadership programme** The closing date for the next cohort of this programme has been extended to Friday 11 February. [More information on the application process is available here.](#)

**NHS Grampian Rainbow Campaign** The Equality and Diversity Team are delighted to invite staff to show their support for our LGBTQ+ colleagues and communities by wearing an NHS Grampian rainbow lanyard and NHS Scotland Pride Badge. Wearing these rainbow items promotes inclusion for LGBTQ+ people and makes the statement that there's no place for discrimination or harassment of any kind in NHS Scotland.

As an NHS Grampian staff member who wears the badge, you are pledging to:

- Be aware of and responsive to issues faced by LGBTQ+ people accessing care
- Be a friendly, listening ally who colleagues and service users can safely approach
- Use inclusive language and respect identity

You can find further information about the NHS Grampian Rainbow Campaign, including how to claim your badge and lanyard by visiting the Staff Equalities Network website here [NHS Grampian Rainbow Campaign](#)

**Realistic Medicine – now on social media!** Realistic Medicine is now live on social media, follow us on Twitter, Facebook & Instagram, for all the latest information, guidance & upcoming Realistic Medicine events. Add us by using:



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Let's all be realistic about the future of healthcare!

**Tune of the day** As I write this, there are small flurries of snow swirling outside my window. Let's see what challenges this weekend decides to throw at us! [Weather with You by Crowded House](#) is our tune for today.

Whatever you are doing this weekend, I hope it's a good one. Work safe, stay safe, and come back to us safe. The brief will return on Monday.

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot)

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