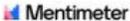
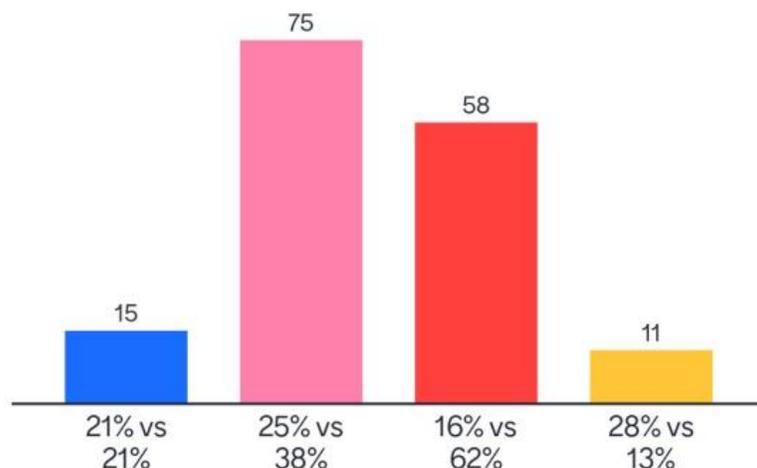


Here is the brief for Friday 1 October 2021.

COVID-19 vaccination status certification The NHS Scotland COVID Status app is now available to download for both Apple and Android devices. As you will likely have seen, there have been issues and delays reported. The Scottish Government have apologised for these and advised they have increased the capacity of the systems which sit behind the app. If you have not yet downloaded the app, be aware it does require the creation of a new account – it does not use the account details you have for the vaccination booking portal. You will need to have your driving license or passport available for ID verification. Having a note of your CHI number is helpful, but not essential.

COVID-19 – how much do you know? To take you back in time for a moment, last week we asked if cloth face coverings protected the wearer from COVID-19 and went with the ‘false’ answer as the correct one. Most (but not all) of the research suggests that cloth face coverings give ‘source protection’ i.e., they reduce the spread of virus from the wearer to other people, but not the other way around. Yesterday we asked about the magnitude of the difference that face coverings might make – here are your answers:

What was the difference in increase in mortality each week in countries with compulsory/cultural face covering vs countries w/out? 



Given the controversy about the value or otherwise of compulsory face coverings the result is a bit of a surprise - the correct answer is (c) 16% vs 62%. The research was published in the American Journal of Tropical Medicine and Hygiene. They looked at 200 countries across the world and calculated the weekly increase in COVID-19 mortality rates at the beginning of the pandemic, up to early May 2020. They examined a number of possible explanations for significant differences and found that the compulsory or traditional use of face coverings was associated with an average increase of 16.2%, whilst in countries that did not introduce compulsory face coverings the increase was 61.9%.

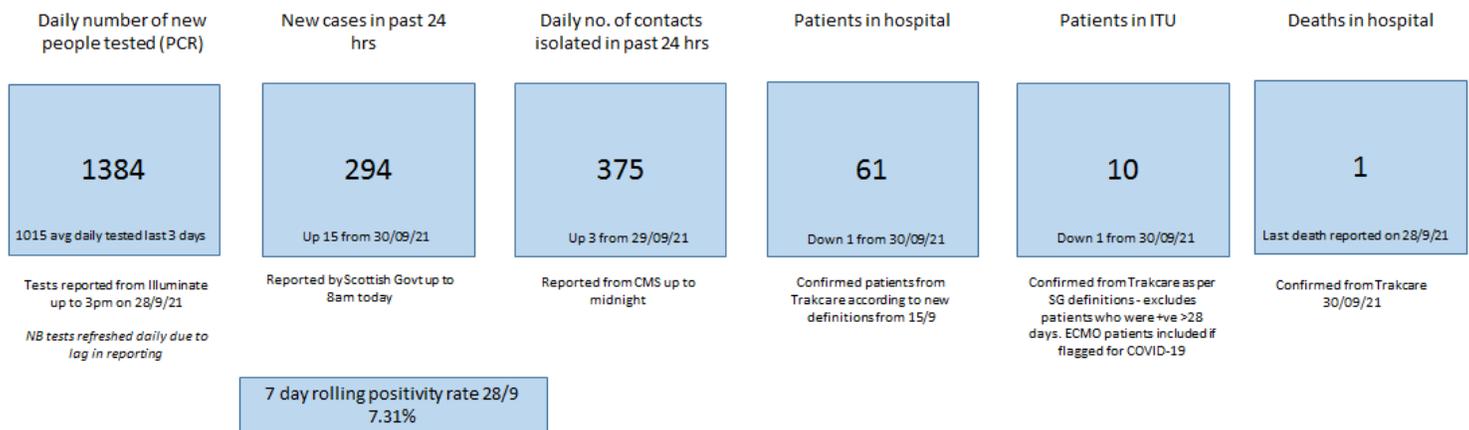
Other less significant associations were with obesity (associated with increased mortality) and with the introduction of stringent international travel restrictions (associated with reduced mortality). It needs to be pointed out that these differences in mortality rates are associations, and these associations might not be causal. It might be those countries that introduced face coverings have other characteristics that the research did not measure that account for the difference. Nevertheless, the difference is so striking that, based on the precautionary principle, it would seem prudent to regard face coverings as an important, and not very disruptive, public health measure during outbreaks of this nature. The abstract of the research can be read [here](#).

We're leaving you with two questions to consider over the course of the weekend:

[Firstly, how much more likely is it that unvaccinated people develop symptoms lasting more than 28 days, compared to fully vaccinated people?](#)

[Secondly, what percentage of fully vaccinated people will be admitted to hospital with Covid-19 within a month of completing the vaccination course?](#) For reference, the course is considered complete 14 days after the second injection.

Grampian data The local update for today is shown below:



[The Public Health Scotland daily dashboard is available to view via this link.](#)

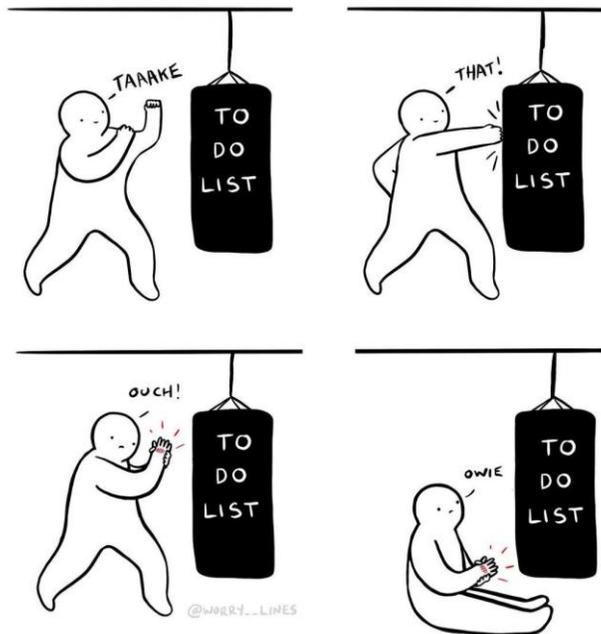
Staff Travel Survey Now Live! NHS Grampian was recently successful in bidding for an NHS Workplace Engagement Officer via Sustrans. Katrina Schofield is now in post and will be promoting active travel to staff over the next 3 years through organising events, promoting schemes, and improving facilities. The project will enable NHS Grampian to increase and sustain active and sustainable travel options for staff, whether it be at work or at home, which will contribute to improved physical and mental health and wellbeing, and also contribute to our organisational, environmental, and sustainability goals. The project will focus on 4 key sites: Foresterhill Health Campus, Dr Gray's, Woodend and Royal Cornhill hospital.

We are collecting data as part of this project, to help us to understand the success of the project and its impacts on individuals, teams and the organisation. By completing this survey, you are providing us with valuable data which we will use to continue to improve this support, helping the shift towards healthier and more sustainable travel choices. Thank you!

[Please click here to begin the survey and to enter a £50 voucher prize draw.](#) The survey will be live until 30 October.

Your Space It's Friday, it's time to focus on the lighter side. [We kick things off with the vaccination information video we didn't know we needed, courtesy of the cast of Family Guy](#) (please note this does employ the standard 'near the knuckle' humour fans of the cartoon will know well)

Who else can relate to this cartoon by [Worry Lines?](#)



If the name 'Your Space' seems familiar, that's because it's also the section of the NHS Grampian intranet which contains details of (amongst other things) the discounts available to NHS staff. Why not take a look?

Tune of the day Cecylia Witkowski (on behalf of the team on Ward 105) has requested today's tune – [Mr Perfectly Fine by Taylor Swift](#).

We wish you all a good – and hopefully restful – weekend. The pace remains relentless, even now, so please take some time to do something just for yourself. If you are working, as ever, take care and stay safe.

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