

Thursday 4 December 2025

Seasonal viruses and how to tackle them As highlighted yesterday, 'flu cases are on the increase. Seasonal viruses, like 'flu, respiratory syncytial virus (RSV), COVID-19 and gastrointestinal viruses such as norovirus challenge us every year. However, we can fight back; thanks to Infection Prevention and Control for these handy hints:

- Do not come into work if unwell with an illness that can be passed on to others.
- Do not attend work until 48 hours after your last symptom of diarrhoea and/or sickness.
- Practice good hand hygiene and cough etiquette (e.g., cough into your elbow).
- Ensure you are up to date with your face fit testing (FFP3 mask).
- Get your 'flu jab to protect you, your colleagues, and your friends and families.
- Keep your working environment and any shared equipment clean. De-clutter clinical areas to enable effective cleaning.
- Ensure your area has adequate stocks of PPE which are within "use by" date and use it appropriately.
- Have all your Transmission Based Precautions Posters up to date and laminated: Contact, Droplet, and Airborne. Access here: [National Infection Prevention and Control Manual: Transmission Based Precautions](#).
- Promptly isolate patients who have symptoms of a respiratory illness and/or those with diarrhoea or vomiting, or both.
- Remind visitors not to visit if they themselves are unwell or have symptoms.
- Provide service users with tissues, plastic bags for used tissues, and hand hygiene facilities as necessary.
- Encourage service users showing symptoms of respiratory illness to wear a surgical (Type II R FRSM) face mask where it is clinically safe and tolerated by the wearer.
- Promote ventilation by opening windows, where possible, in the absence of mechanical ventilation to help with dilution of air and reduce transmission of respiratory infections.

Standard Infection Control Precautions (SICPs) should **always be followed**. Hand hygiene using soap and water should be used where a service user has symptoms of a gastro-intestinal infection (vomiting and/or diarrhoea). Further information is available via the [NIPCM National Infection Prevention and Control Manual](#) and [NHS Inform](#).

Reduced Working Week - phase 2 update Firstly, we want to say a big thank you to all teams who submitted their plans for Reducing the Working week (for those employed under Agenda for Change) by the deadline of 30 November. We have noted a significant number of plans do not contain the full roster name and number; these are being cross-checked, but you may be contacted to confirm this information.

A scrutiny panel will consider the forms submitted to date at a full day meeting next week. Plans which involve a request for backfill funding will be prioritised. It's important to understand the scrutiny panel are considering the plans submitted for consistency and to ensure a fair and robust process with final decisions being made by the relevant Executive Directors and CET.

Reduction plans are still outstanding from a small number of teams. These are being followed up as a matter of urgency. If you did not submit a form for your team/service you will be contacted directly.

Keep festive gatherings respectful This coming weekend, and every weekend in the run up to Christmas, will see many of head out for your festive 'do'. While these events are a great opportunity to celebrate and enjoy time with colleagues, please remember they are considered an extension of the workplace. As such, you need to behave respectfully and professionally towards colleagues and others at the event, follow our organisational policies, including those on harassment, personal use of social media and conduct, and drink responsibly, ensuring you have safe travel arrangements.

Please be mindful inappropriate behaviour may need to be addressed and could lead to formal action where necessary. Let's make these celebrations enjoyable and inclusive for all. Thank you for helping maintain a positive and respectful environment.

Foresterhill site – road closure To allow for essential work on The Baird Family Hospital, the west (outgoing) side of the main Emergency Department (ED/A&E) access road will be closed from Monday 8 December. Key points to note:

- No entry to ED/A&E from Cornhill Road or Westburn Road.
- All vehicles attending ED/A&E via Foresterhill Road should exit past Royal Aberdeen Children's Hospital (RACH) (follow green arrows on signage).
- ED drop-off spaces remain open.
- Pedestrian access remains open – please follow local signage.
- Access to RACH car park from Westburn Road and Cornhill Road is unaffected.

Further information and a site map [can be found on the intranet via this link](#).

Research Round Up The latest edition of the Research and Development bulletin is out now and [available to read via this link](#).

Discounted panto tickets – Aberdeen Arts Centre NHS staff can get 10% off tickets to this year's panto at Aberdeen Arts Centre – Robin Hood – for performances up to 19 December. Full details, along with lots of other staff discounts, can be found in the Staff Discounts section of Your Space on the intranet [or by following this link](#).

Tune of the day Laura Barron, part of the CTAC North team in Fraserburgh, makes today's request. She's dedicating [Have Yourself A Merry Little Christmas](#) to her colleagues who have supported her so much recently, for which she is very grateful. Here's to all our work families, where would we be without them? (EP)

If you want to request a tune, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot