



Health Protection Newsletter – Autumn Edition

Volume 3 | Issue 3 | Autumn 2024

Autumn Quiz

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Answers To Newsletter Quiz



Welcome to the Health Protection Autumn newsletter. In preparation for the spooky season, we have put together a fun quiz on visitor attractions. Can you get all the right answers?

AUTUMN NEWSLETTER HAND HYGIENE & VISITOR ATTRACTIONS QUIZ

Q1. When out at visitor attractions using hand gel is just as effective as washing hands with liquid soap and water. A. True B. False

Q2. How soon can you go swimming in a communal swimming pool after being symptom free after a Cryptosporidiosis illness?

A. 48 hours B. 1 week C. 2 weeks

Q3. When you have diarrhoea, it is always good to take anti-diarrhoeal medicine. A. True B. False

Q4. Although cases are seen all year round, which seasons do we usually see a rise in enteric illnesses?

A. Spring & Summer B. Winter & Autumn C. Spring & Autumn

Q5. It is advisable to use the same regular trainers for activities at visitor attractions (petting zoos, farms etc.) A. True B. False

Q6. How do you transport your shoes after visiting attractions?

A. Carrying them by hand (I have washed my hands anyway on leaving premises)

B. Carrying them in a box or plastic bag

C. I don't need to change shoes, I will just use my regular trainers



Contact:

You can contact the Health Protection Team at: NHS Grampian Health Protection Team.

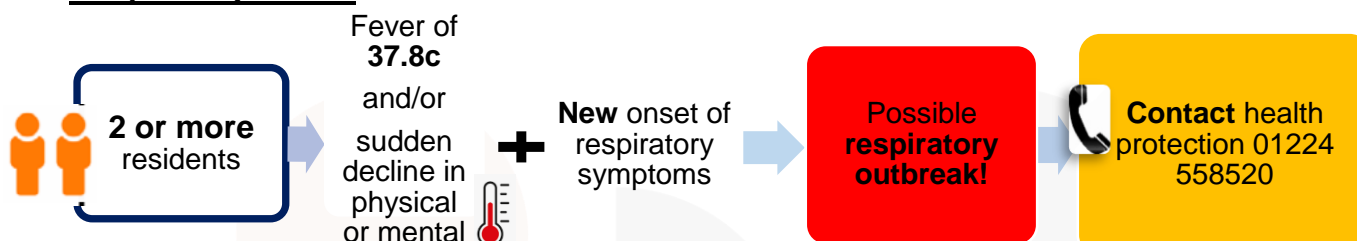
Address: Summerfield House, 2 Eday Road, Aberdeen.

Phone: 01224 558520 Email: gram.healthprotection@nhs.scot



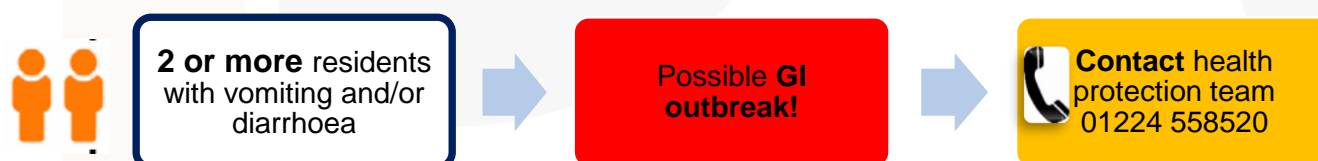
Winter is fast approaching and we typically see an increase in respiratory and gastrointestinal illness within care homes. Below is a quick reminder of what to do if you have symptomatic residents.

Respiratory Illness



- Isolate symptomatic resident(s) immediately and close door (if safe to do so).
- **Test** symptomatic residents only using a PCR swab and request a full respiratory screen.
- Staff should **not** test unless clinically advised and should follow [NHS inform advice](#).
- PCR swabs for Shire and Moray care homes can be accessed via your local hospital and then dropped off at the GP practice.
- City care homes can access PCR swabs from Foresterhill Health Centre from 9-5pm and the Health Village out of hours and then dropped off at the GP practice.
- Ensure **all** details are completed on the sample container and request form.
- Further info and guidance follow [NIPCM Respiratory IPC resource](#) and [Covid-19 guidance](#).
- If the resident is found to have a respiratory illness such as Covid-19 or Influenza A, B to isolate for 5 days.
- If negative for respiratory illness but remains symptomatic to remain in isolation until well and not had a fever for 48 hours.
- Do not hesitate to get a clinical review of the resident if any concerns.

Gastrointestinal Illness



- Isolate symptomatic resident(s) immediately and close door (If safe to do so).
- Get a stool sample. Kits can be accessed via your GP. Tick microbiology and virology on request form and drop off at the GP practice.
- Ensure all details are completed on the sample container and request form.
- Record time and date of all episodes of vomiting and diarrhoea for residents.
- Do not use alcohol based hand gel as this is not effective against GI pathogens.
- Resident to isolate until 48 hours free from last symptoms and well.
- Further info and guidance follow Care Home IPC resource for gastro-intestinal illness.

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EXCLUSION POLICY Q&A

Public Health etc. (Scotland) Act 2008 (The Act) cover a wide range of issues concerning Public Health with responsibilities delegated to the Scottish ministers, health boards and local authorities to protect the public's health and control infectious diseases.

Section 37 of The Act deals with Exclusion Orders, these are used to protect the wider public's health from exposure to a person who has an infectious disease or been exposed to an infectious disease or contamination.

Further information: [Public Health etc. \(Scotland\) Act 2008 - Explanatory Notes \(legislation.gov.uk\)](https://legislation.gov.uk/ukpga/2008/24/section/37)

Q. Who can issue exclusion notices?

A. Issued by Consultants in Public Health and those deemed a competent person of the board who acts within the scope of The Act. The case and contacts at risk are assessed by the Health Protection Team (HPT) as to whether an exclusion is required or not.

Q. Is an exclusion always required?

A. There are times when a person's employment can be adjusted to allow them to keep working, but not in certain aspects of their work. This is called a Restriction Order and is placed after a discussion with the employer and a risk assessment made. The Employer is then issued with a formal restriction notice in letter form, which states exactly which parts of their employee's role they should not engage in until the restriction has been lifted. If at all possible, a restriction notice would be used in favour of an exclusion.

Q. Why do we need these?

A. Exclusions from work/school/community activities are sometimes necessary to prevent transmission of disease in higher risk setting such as care provision, food preparation, nurseries, lower school and some leisure activities.

Q. How does an exclusion or restriction notice end and how long will it be in place?

A. At the time of a person being placed under an exclusion or restriction notice, the criteria for lifting is explained to the person. It may be until laboratory tests confirm that the pathogen is not present or that a particular symptom of the person's illness has resolved. The person cannot return to work or resume full duties until the order has been lifted. There is no definite time that an exclusion is required for.

Q. Does my manager need to know what is wrong with me or my contact?

A. We don't inform any manager of a case's diagnosis unless there is a wider public health need to do so. This decision is based on the specific disease involved and the level of exposure involved. This would be discussed with the case before any disclosure is made.

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Q. What will happen to my wages if I can't work?

A. The Act is very clear that no one subject to an exclusion order should suffer financial loss as a result of the order. The HPT will inform NHSG finance of the order and provides the employer with the details required to claim the excluded persons wages back. The intention is that the excluded person receives wages as if at work. Those under Restriction orders remain able to work in an altered capacity and can continue to earn their wages.

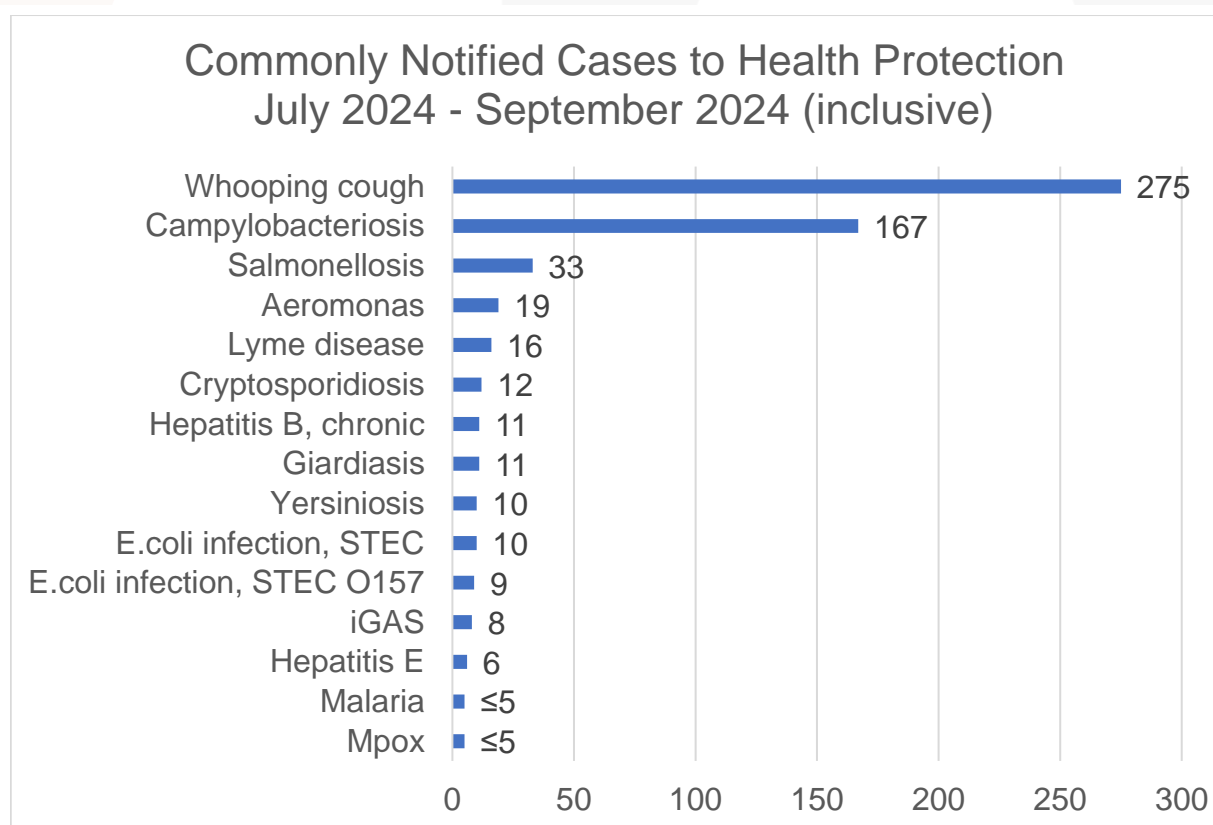
Q. Does an exclusion order count as sick or any other form of leave?

A. Time away from work should not be recorded as sick or annual leave, this is made clear to the employer in the letter they receive from HPT.

BLOOD BORNE VIRUSES (BBV) TESTING

Many people continue to live with an undiagnosed blood borne virus (BBV). The earlier we know about these cases the earlier the patient can receive specialist treatment, care, prevent further transmission and facilitate testing and immunisation of their contacts. When testing for BBV's for the first time or after a high risk exposure, please request all 3 BBV's as risk for 1 pathogen means potential risk for all 3. [https://scottish.sharepoint.com/sites/GRAM-Guidance/Shared%20Documents/Blood%20Borne%20Virus%20\(BBV\)%20Testing.pdf](https://scottish.sharepoint.com/sites/GRAM-Guidance/Shared%20Documents/Blood%20Borne%20Virus%20(BBV)%20Testing.pdf)

NEWSLETTER DATA



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LEAD IN WATER

Everyone turns on their kitchen tap and expects clean, wholesome water to flow. Scottish Water strive to make sure this is the case but there are also some things that you can do to support them. Many old properties potentially were built when lead pipes were used and these may not have been replaced. For further information on testing, health impact, and replacing pipes go to <https://www.scottishwater.co.uk/Your-Home/Your-Water/Lead-and-Your-Water>



VACCINATION NOTICE FOR POULTRY WORKERS

JCVI have advised for poultry workers to have a flu jab this season. This is in response to avian flu outbreaks in recent years. It is important for poultry workers to come forward and be vaccinated as a precautionary measure. If workers are unfortunate enough to be infected with both avian flu and human flu at the same time, there is a small risk of the two viruses combining and producing a new mixed flu strain of concern.

More information about who can access this offer will be circulated as it becomes available from the Scottish Government.

The Scottish Government is compiling the Scottish Kept Bird Register to identify places where birds are kept or exercised outdoors and their owners. Owners need to register by December 1st via [Scottish Kept Bird Register](#)



Answers For Page 1 Quiz On Next Page

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Answers

Q1. **A. False.** Hand gel does not kill microorganisms that cause enteric illnesses like cryptosporidiosis, giardiasis and E coli.

Q2. **C. 2 weeks.** Chlorine does not effectively kill Cryptosporidium and Giardia organisms. Some infections have been linked to swimming pools. Over 2 weeks if still asymptomatic, the organisms from the infection would have been all shed.

Q3. **False.** The best thing to do if you are having prolonged diarrhoea is to contact your GP. Taking anti diarrhoea medicine e.g. Imodium prevents the organisms from coming out of the body, they multiply and cause more harm than if no medicine had been taken. Taking these medicines also prolongs the duration people have symptoms for.

Q4. **C. Spring & Autumn.** Often prevalent during Spring due to lambing and calving, these enteric illnesses are also high in Autumn as well when it begins to rain often and private water supplies can get run offs into them if not properly protected. It is also muddy within this time and there is an increase in chances of mud splashes when out walking, cycling or doing other outdoor activities.

Q5. **B. False.** When at visitor attractions due to the level of pathogens in this natural environment, it is best to change into appropriate footwear like wellington boots for the duration of the activities and change back into regular shoes when done. Remember to wash hands appropriately afterwards. E.g. When children are playing on hay bales, going into pens to pet and feed lambs etc.

Q6. **B. Carrying them in a box or plastic bag.** When leaving, it is advisable to transport these shoes in boxes or plastic bags. This acts as a barrier so pathogens on the shoes do not get onto your hands. It is easy to forget you handled these shoes and casually bring your hands to touch your face and mouth. Always remember to wash your hands with soap and running water after changing into shoes or helping young ones change their shoes.

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