

Health Protection Newsletter – Summer Edition

Volume 5 | Issue 2 | Summer 2026

Notification Reminder

With the recent lovely weather, we know you have got lots of activities planned both at home and outdoors with your family and loved ones in the coming days.

As we always do, we are here once again to provide reminders to keep everyone safe in order to have an enjoyable summer!

Notification Reminder

Section 13 of the Public Health etc (Scotland) Act 2008 places a duty on Registered Medical Practitioners to notify the Health Protection Team if they have any reasonable suspicion that a patient has a notifiable disease. This can be done by clicking this link below (on devices with access to NHS Intranet)

[NOTIFY PUBLIC HEALTH](#)

or by calling us on 01224558520 or emailing gram.healthprotection@nhs.scot

Travelling Safely

Hand Hygiene Activity

BBQ Food Safety

Travelling Safely

Going on holiday is always an exciting prospect, with time away from work and the opportunity to relax and make new memories with family and friends. Some overseas countries provide different health risks to Scotland, mainly measles, rabies, legionnaire's disease and diarrhoea caused by parasites, bacteria and viruses.

Preparing yourself in advance for travelling abroad will provide peace of mind and prevent you from spending hours in overseas health facilities and paying health related expenses up front. Here are NHS Grampian Health Protection Teams top tips for before, during and after your holiday:

Before:

- ★ Look at the country you are visiting on <https://www.nhsinform.scot/healthy-living/travel-health/travel-health-and-vaccinations> or on [NaTHNaC - Home](#) and consider the activities you are likely to undertake while you are there
- ★ Give yourself plenty of time to visit a travel health clinic before you go, as some vaccines need multiple doses with intervals of several weeks so it can take longer to complete the course. It is better to be fully vaccinated before you travel than have to either seek vaccination or treatment abroad or be hospitalised.
- ★ Have travel insurance in place and take records with you
- ★ Pack a basic first aid kit with paracetamol, ibuprofen, electrolyte powders, plasters and blister plasters as well as a wound cleanser.
- ★ Take supplies of any regular medicines and some extra in case of delays
- ★ Take adequate supplies of insect repellent, sun creams and after sun

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During:

- * Avoid contact with stray or street animals such as cats, dogs and monkeys. Well animals can harbour rabies and one bite or scratch is enough to infect a human
- * Always wash your hands under warm running water after touching animals and before eating – alcohol hand gel is not effective against all the parasites, bacteria and viruses you may come into contact with
- * Do not drink from rivers, lakes and the sea, water can look crystal clear but be host to parasites that can cause a variety of illnesses
- * Where possible only drink bottled water, that you have seen opened in front of you
- * Only eat food that is thoroughly cooked, avoid buffets if you see flies resting on the food
- * Use a paper napkin to hold the handle of serving spoons on buffets
- * Street food presents a higher risk of food being contaminated
- * Avoid the use of medicines to stop diarrhoea. Diarrhoea and vomiting is the body's way of getting rid of something it does not like. Taking medicines to stop the diarrhoea keeps the parasite or bug inside your gut, which in turn can make your symptoms worse in the long term.
- * **Run showers** for 5 minutes before use if uncertain whether the shower has been used in the last few days, or when returning from holiday, “flushing” clears stagnant water from the pipes

After:

- * Seek medical advice if:
 - o you have persistent diarrhoea or blood in your stools
 - o you have a fever on return from holiday
 - o you have any wounds or broken skin acquired on holiday that are not healing as you would expect
- * If you have been started on a course of rabies vaccine whilst on holiday, contact your GP immediately on return to arrange administration of further doses at the correct intervals
- * Seek medical advice if you were bitten/scratched by an animal but no clinical assessment and advice was sought while on holiday.

Hand Hygiene Activity

I recently delivered a hand hygiene session at a local primary school as part of their Health Week. The sessions were delivered to the whole school on a class-by-class basis, ensuring all pupils had the opportunity to take part. The aim was to promote the importance of good handwashing practices and demonstrate effective techniques.

During each session, I explained why proper hand hygiene is essential in preventing the spread of germs and illness. To make the activity engaging and interactive, I used a UV light box alongside Glitterbug lotion. This allowed the children to visually see areas they had missed when washing their hands.

The activity was very well received. The children were enthusiastic and fully engaged, with lots of laughter and discussion as they compared results and observed each other's handwashing techniques. Many were keen to improve and asked to wash their hands again to see if they

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could achieve better results. Some showed clear improvement, while others still missed areas, reinforcing the learning outcomes in a practical and memorable way.

Following the handwashing activity, one teacher facilitated a Q&A session where pupils were encouraged to ask questions about my role as a Food Safety Officer and what the job involves. Several pupils showed a particular interest in aspects such as food sampling and environmental swabbing, asking thoughtful and engaging questions.

To further support engagement, I provided food-themed stickers, which were very well received and proved to be a great incentive and takeaway for the children.

Overall, the session was a success in raising awareness and encouraging good hand hygiene habits, as well as promoting the role of Environmental Health within the community. It has been a number of years since we last carried out an event like this, so it was a valuable opportunity to re-engage with the community and highlight the importance of our work. However, it is worth noting that no teaching staff participated directly in the practical activity, which could be encouraged in future sessions to further reinforce the messaging.

Kirsten Clark, Food Safety Officer, Moray Council



BBQ Food Safety

With the warm weather on the way we are much more likely to be planning in times to meet with family and friends for barbecue's and picnics. Food Standards Scotland has produced some very helpful quick resources which we recommend having a refresher on to keep you and your loved ones safe this summer.

[Barbecue food safety](#) | [Food Standards Scotland](#)

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Developing the Future Public Health Workforce: Graduate EHO Opportunity

Moray Council is investing in the next generation of Environmental Health Officers (EHOs), offering a structured **Graduate EHO opportunity** designed to strengthen public health protection capacity across the region.

This role provides hands-on experience across key environmental health functions that underpin community wellbeing, including food safety, environmental protection, housing and public health, and health and safety regulation. Graduates will work within operational teams while building the competence required for professional practice.

Flexible Routes to Qualification

The programme supports a range of entry routes, recognising the breadth of skills relevant to environmental health. Graduates with science-based degrees—such as environmental science, biology, food science or chemistry—can progress via a postgraduate MSc in Environmental Health with Professional Practice at Abertay University, combined with structured workplace training and a professional portfolio.

Tailored pathways are also available, allowing for recognition of prior learning and experience, ensuring a flexible and inclusive approach to developing the workforce.

Professional Recognition and Support

All routes lead towards qualification and professional recognition through the Royal Environmental Health Institute of Scotland (REHIS), which oversees training standards and competency assessment.

Participants benefit from:

- Workplace mentoring and supervision
- Structured learning and development
- Opportunities to build practical, frontline experience

This initiative supports local and national priorities to build a resilient, skilled environmental health workforce, ensuring continued protection of communities and proactive management of public health risks.

Partners are encouraged to share this opportunity within their networks to help attract candidates committed to a career in protecting and improving environmental health.

Watch the [Postgrad Info Sessions 2026 - Environmental Health | Videos & Movies on Vimeo](#) for an overview of routes and training

Lynsey Glover
Service Manager Community Protection, Growth, Planning and Climate
The Moray Council

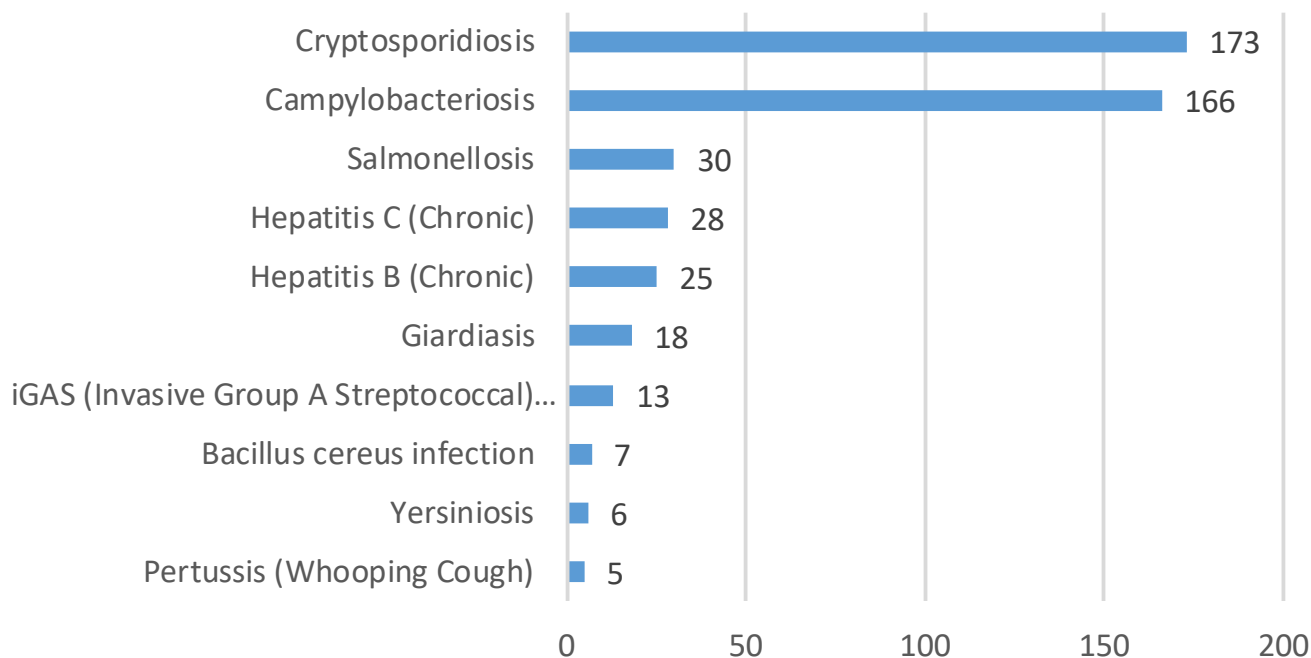
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Surveillance Data from 01/01/2026 - 31/05/2026



**There was an outbreak of Cryptosporidium linked to a setting in April*

The Health Protection Team would like to express our gratitude to Kirsten Clark, Food Safety Officer, and Lynsey Glover, Service Manager Community Protection, Growth, Planning and Climate both from The Moray Council for their contributions to this newsletter.

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