

Core brief

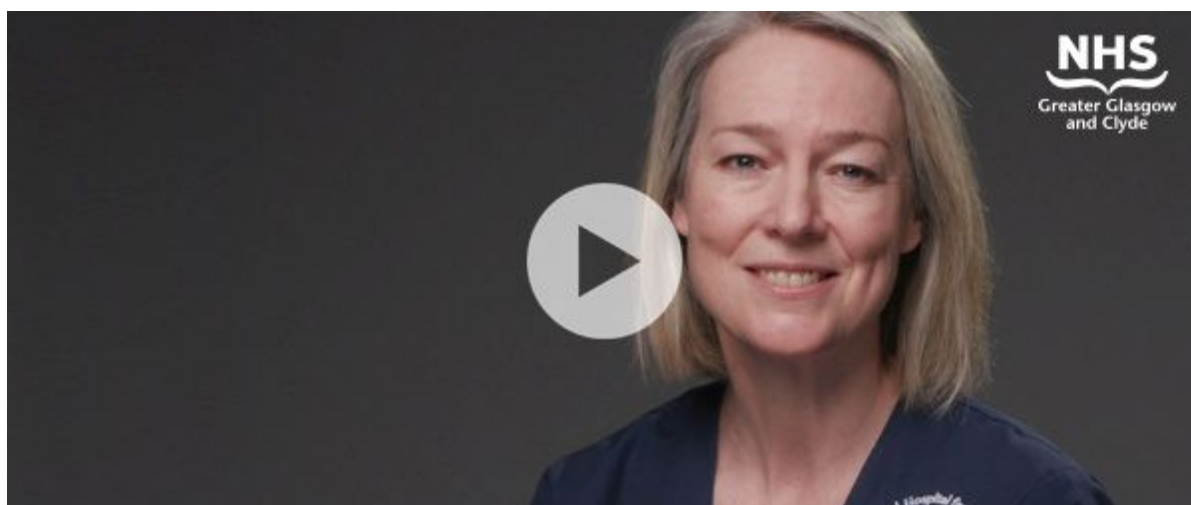
Daily update
(17 March 2021, 3.45pm)

Topics in this Core Brief:

- Lateral Flow Testing
- GP Out of Hours service
- Wellbeing webinars
- New FFP3 mask - Important Information

Lateral Flow Testing

We are continuing to encourage all eligible staff to take part in Lateral Flow testing, next in our series of videos is [Ruth Hamilton](#), a Healthcare Scientist, who talks about how easy it is to use the Lateral Flow Testing kit and the benefits it provides. Thank you to Ruth and other colleagues who have volunteered to share their experience.



As mentioned in [Core Brief on Monday 15 March](#), new features have been added to the Lateral Flow testing portal, so that you can now create an account which will hold all your personal information and once logged in the system, it will remember you. This means that you will only need to give details of the particular test you are reporting. In addition, you can now upload a number of tests at one time, using the Bulk Upload feature to allow users to register a number of tests at once on behalf of others to help facilitate local arrangements.

There is more detail and an updated FAQ document available on our [website](#), which should answer any questions you might have. However, if there is anything that isn't covered and you need some further help, please contact: ggc.lft@ggc.scot.nhs.uk

Please remember:

- Test twice per week (unless you are using PCR, which means that you only need to use LFT once)

- If you have tested positive through PCR you should not commence/recommence the LFT testing programme until 90 days after your positive test result
- If you register a negative test result with your LFT, but are showing symptoms of COVID-19, you must self-isolate and book a PCR test through either [NHS Inform](#) or the [staff testing site](#).

GP Out of Hours service

Following an increase in the number of unscheduled attendances to our GP Out of Hours service, we have issued a public message urging people not to show up without an appointment.

We are also running an ongoing social media campaign to remind people to always call NHS24 on 111 first.



Wellbeing webinars

A series of webinars for health and social care staff focusing on wellbeing have been produced to help empower and encourage health and social care staff and unpaid carers to enhance personal resilience and self-care.

Please refer to the 'Key Dates' section on the [National Wellbeing Hub](#) for a list of the webinars.

New FFP3 mask - Important Information

As from Monday the 15 March a [new mask](#) will be introduced to the Quantitative (machines) face fit testing venues at QEUH, GRI, RAH & IRH.

Staff presenting for quantitative fit testing will be tested to the new mask from Alpha Solway, the **HX-3**. This is a **different** mask to the Alpha Solway **H-3**.

The masks look identical, except for the name – HX-3 and H-3. However, the HX-3 feels considerably thinner (See photographs in the link above).

Please make sure you only wear the FFP3 mask you have passed a fit test on.

For Qualitative (hood) face fit testing, please note that the roll-out of the HX-3 will commence at a slower rate.

Staff who have been fit tested as part of the 1863 transition programme and failed to achieve a pass on another mask should attend a fit test for the new HX-3 mask.

Social distancing is everyone's responsibility

Don't encroach on your colleagues' desk area,
maintain social distancing when talking



Do it, encourage it. Don't spread the virus at work or home

Please keep up-to-date with the latest guidance on our dedicated web pages at: www.nhsggc.org.uk/covid19. If you have any questions about the current situation please check the [FAQs](#) first. If you have any further questions, please email: staff.covid19@ggc.scot.nhs.uk

Staff are reminded to make sure their [personal contact details are up to date on eESS](#).

It is important to share Core Brief with colleagues who do not have access to a computer.
A full archive of printable PDFs are available on [StaffNet](#)