

# Core brief

**Daily update**  
**(5 January 2022, 5.35pm)**

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- Changes to self-isolation and quarantine
- New Year message to all health and social care staff by Caroline Lamb, Chief Executive NHSScotland and Director General Health and Social Care

## **Changes to self-isolation and quarantine**

The First Minister has announced a number of changes to self-isolation rules within Scotland, which will take effect from midnight tonight. These are:

1. People who test positive for Covid in Scotland can end self-isolation after seven days if they have no fever and record two negative lateral flow tests on day 6 and 7.
2. Household contacts of people with the virus will be allowed to take daily lateral flow tests for 7 days rather than self-isolating, as long as they have had their booster.
3. Asymptomatic people who return a positive lateral flow test will no longer have to confirm their result with a PCR.

For a number of weeks there has been exemption criteria in place which allows health and care staff who are identified as passing contacts / household contacts to continue working providing certain conditions are met, including testing negative for COVID-19 and taking daily LFTs.

While this has already helped limit the number of staff having to self-isolate due to being close or household contacts, today's announcement means that staff who have been self-isolating due to having COVID-19 will be able to return to work sooner, providing they meet the criteria to do so.

We want to thank all of our staff for your continuing commitment to our patients, their families and your colleagues and we welcome this news which will go some way to bolstering staff numbers at this challenging time.

## **New Year message to all health and social care staff by Caroline Lamb, Chief Executive NHSScotland and Director General Health and Social Care**

New Year is a time for reflection as well as new starts. It is now two years since we first heard about Covid-19, and I think that we had all hoped that, by now, we might be through this pandemic. Unfortunately that is not the case and we are all continuing to need to respond to the impact Covid-19 is having on our health and social care system. However, we also need to remember the incredible successes of the last two years. With our testing capacity, our vaccination programme and new treatments we are far better placed than we were two years ago, and this is very much down to your efforts.

You have shown consistently what can be achieved when we work together. It's that collaborative culture that has gotten us through our toughest times, and will help us as we continue to respond.

I know many of you, once again, have worked through the festive season, giving up time with your loved ones to care for the most vulnerable and unwell in our communities, and I'd like to say a very special thank you for this sacrifice. To those who managed to take time off, I hope you have had time for rest especially after the pressure of the last two years. I know it can be difficult to prioritise your own health and wellbeing, but please look after yourselves and access support when and where you need it.

As we continue to respond we are also mindful of how we best recover, and how we can use what we have learned, both good and bad, in redesigning our services to meet the needs of the people of Scotland.

A great deal of work lies ahead, and the next few weeks, as we cope with the impact of Omicron, are likely to be very difficult. I am enormously grateful for everything that you have all done, and continue to do.

Take care, stay safe and well, and my very best wishes to you for 2022.



Please keep up-to-date with the latest guidance on our dedicated web pages at: [www.nhsggc.org.uk/covid19](http://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: [HR.Support@ggc.scot.nhs.uk](mailto:HR.Support@ggc.scot.nhs.uk).

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