

Director of Public Health
NHS Grampian
17th May 2021

Dear business owner

I want to thank you for the hard effort made in suppressing coronavirus infections over the past fortnight. Moray continues to have case rates above the thresholds for Level 2 but we are making good progress.

It looks as if cases in Elgin are plateauing but we still need people to keep vigilant. Our attention is also on Keith and North Speyside where there are growing clusters leading us to deploy more testing units in these areas.

We continue to need the support of businesses and organisations to encourage and enable staff to take up testing. Information on where to go for testing is shown on the picture at the end of this letter.

Vaccinations are also now available to anyone over 18 years in Moray (details below). Again, your support in enabling staff to take this up would be appreciated.

We know that people are beginning to return to their workplaces, particularly so in Moray. The Scottish Government advice is to continue working from home where possible and we support this message, particularly as a many of the localised outbreaks involve workplace settings. Where possible, please support and encourage your employees to continue working at home. If you need to have staff in your workplace, please ensure good ventilation, good (and regular) hand hygiene, appropriate use of face coverings, and physical distancing. Please encourage your teams to access regular routine testing and support them if they are required to self-isolate.

I understand that the current climate continues to be a testing time for businesses across the region but each of us has a part to play ensuring the situation does not worsen further by stopping the spread and ensuring Moray joins the rest of Scotland in Level 2 as quickly as possible.

Thank you for your support

Susan Webb,
Director of Public Health
NHS Grampian

#ProtectMoray



Those with both classic and extended symptoms in Moray should immediately book a test.

Do you have classic symptoms?:

- Continuous cough
- Loss of taste or smell
- Fever

You and your whole household, including any extended or bubble members, should self-isolate immediately until the test results are returned. You can book a test by going to **NHS inform** or calling **0800 0282816** if you cannot get online.



Do you have extended/enhanced symptoms?:

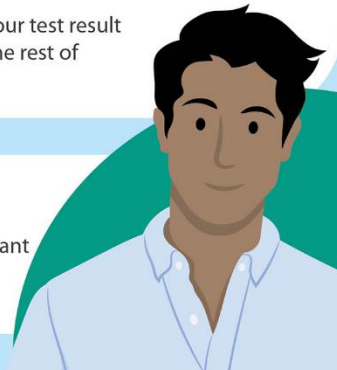
- General weakness
- Sore throat
- Shortness of breath
- Diarrhoea
- Headache
- Chills
- Muscle pain
- Runny nose
- Dry or productive cough

If you are experiencing any of these symptoms, book a test. You can book a test by going to **NHS inform**, you should select the "My local council or health protection team has asked me to get a test" option. If you cannot get online you can call **01224 558494**

It's important to self-isolate until your test result comes back. There is no need for the rest of your household to self-isolate.

I have no symptoms (Asymptomatic)

If you haven't got any of the above symptoms, it's still important to get tested. You can get a rapid test from a community testing site - www.moray.gov.uk/COVID19



The local vaccination team are issuing appointments to all those in the 18-39 age group. They are also offering drop-in clinics at the Fiona Elcock Vaccination Centre in Elgin, where supplies and staffing allow. Special clinics targeted at particular areas are being planned and information about all of these will be shared via social media. Please support your teams to attend vaccination appointments.