

CORONAVIRUS (COVID-19)

DAILY INFORMATION UPDATE



KEEP UPDATED AT ALL TIMES ON THE WEBSITE

<https://www.glasgow.gov.uk/staffupdates>

1 May

Covid-19 testing for council staff and households with symptoms

The government has expanded Covid-19 testing to include testing for additional workers and their families **who have symptoms** of Covid-19, to keep essential services running in Scotland.

If you are eligible to be tested and have symptoms then a negative test would allow you to leave self isolation and return to work more quickly.

The council is following the government guidance on testing to protect the running of our essential services for Glasgow.

Key workers in the health and social care sector will still remain the top priority for testing in Scotland.

Who can be tested?

- You can read the Government's guidance on who should be tested here: <https://www.gov.scot/publications/coronavirus-covid-19-testing-for-key-workers-in-Scotland/>
- The guidance is open to interpretation but if you are currently required to leave your home in order to work then you are very likely to be eligible to be tested.
- If you are one of those people and you are self-isolating (unable to leave your home) with Covid-19 symptoms then you should book a test.
- You can also refer your household members for testing if they are experiencing symptoms. They have access to tests because if the results return negative this allows you to continue working rather than self-isolating for 14 days.

You should continue to follow the government guidance on self-isolation on [NHS Inform](#). You should report your absence in the normal way and to your line manager.

When to get tested?

- You should arrange to get tested in the **first three days of coronavirus symptoms** appearing.
- If you are self-isolating because a person you live with has symptoms, you can refer them for testing.
- To check your symptoms go to [NHS Inform](#)

The test is only guaranteed to be accurate if someone is symptomatic. The test will confirm if an individual who is showing symptoms of the virus actually has it. It will not confirm whether they have had it and have now recovered.

Support and more information

We have produced a [staff briefing](#) which gives key information on who, when and how you can be tested. It also outlines the internal support routes open to help you get tested and provides [answers to some frequently asked questions](#).

Bus Transport Team heroes are doing a great job

The Bus Transport team at Neighbourhoods and Sustainability are working above and beyond – supporting colleagues and vulnerable citizens around the city.

ASL transport normally transport around 800 children to school every day. But they are now providing vital support - delivering emergency prescriptions to the most vulnerable citizens in the city, day and night, seven days a week. They call on these citizens and make sure they have much needed medication by collecting their prescriptions and delivering to their home. They also offer to get them groceries if needed.

The teams are also supporting colleagues on cleansing teams – transporting them to various sites around Glasgow to so they can deliver essential bin collection services to the city seven days a week. Alongside this they are supporting our council volunteers to be able to work from home – collecting and delivering laptops to the homes of the volunteers – throughout Glasgow, and other places such as Lanark and Paisley.

Emil Laiolo, Group Manager (Transport Services and Development) said: “Our guys usually work a five day week but the enthusiasm from them is really amazing and they just want to keep working to help their operational colleagues. It’s the first time I can recall that management have had to insist that the guys take a couple of days off for a rest! I’m very proud to have such a good team working with me.”

Thank you for all supporting the city.



Thank You!



#StaySafe

Find your local service

Coronavirus (COVID-19)

Find your local service

GP Surgeries

Pharmacies

Supermarkets

Key Workers
Child Care Hubs

Glasgow Helps

Food Banks

PayPoints

Our **Corporate Data Team** comprising of staff from **Chief Executive's Department and Neighbourhoods and Sustainability** have been busy creating a hub with maps and links to help citizens find out where to access local services, such as pharmacies, PayPoints and GP Surgeries - in response Coronavirus (COVID-19).

You can view and access the hub [here](#).

Your sleep wellbeing – TAKE NOTICE and GIVE

SLEEP WELLBEING

Today we focus on the last two top tips **TAKE NOTICE** and **GIVE** from our 'five ways to wellbeing' on how to promote a good sleep.

TAKE NOTICE

- Disturbed sleep is a perfectly natural response to the stress we are experiencing due to COVID-19.
- However, it is important that we try to protect our sleep and think about the strategies that help us get a good nights' sleep.
- There are some mindfulness based techniques that can be practised before bed that can help relax and prepare the body and mind for sleep. Try the guided mindfulness practice of 'Beditation' - a combination of meditation and light yoga - on the NHS Choices website here: <https://www.nhs.uk/video/Pages/beditation>
- **MoodJuice have produced a self-help sleep guide** to help you learn more about sleep problems and skills to cope with them.

GIVE

- Research shows a strong link between kindness and wellbeing.
- Reflecting on things we have done during the day to give to and help others can result in a sense of wellbeing.
- There's never been a better time to help others - any act of kindness, big or small, can make a difference to us all.
- Check out the '50 acts of random kindness' on the Mental Health Foundation's website here: <https://www.mentalhealth.org.uk/blog/random-acts-kindness>

Visit our 'Your Mental Health and Wellbeing' section on our [staff web page](#) for lots of resources to support you at this time.

VOLUNTEER

Help to keep **our city** running
during this challenging time

SIGN UP TO **VOLUNTEER NOW**



Share your story with us



At this challenging time – we would love to hear about what you are doing to help support the city.

- Have you volunteered in another section to help deliver an essential task?
- Are you particularly proud of your team or a colleague and the work they are doing to keep services running to our citizens?
- Have you seen a colleague go above and beyond to help deliver a service?

We would love to share your stories with your colleagues across the council – so please get in touch. Email a couple of lines and a mobile phone picture (if you have one) to Insider@glasgow.gov.uk

We know you're all proud to play your part for the city - thank you for making a difference.

Keep up the great work – what we're hearing on Twitter



Gerry Cassidy @GerryCassidy

3 mins ago · Glasgow

This may sound ridiculous, but I was so thankful of seeing the bin men on my street today. Much appreciated, boys! 🙌

@GlasgowCC

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