

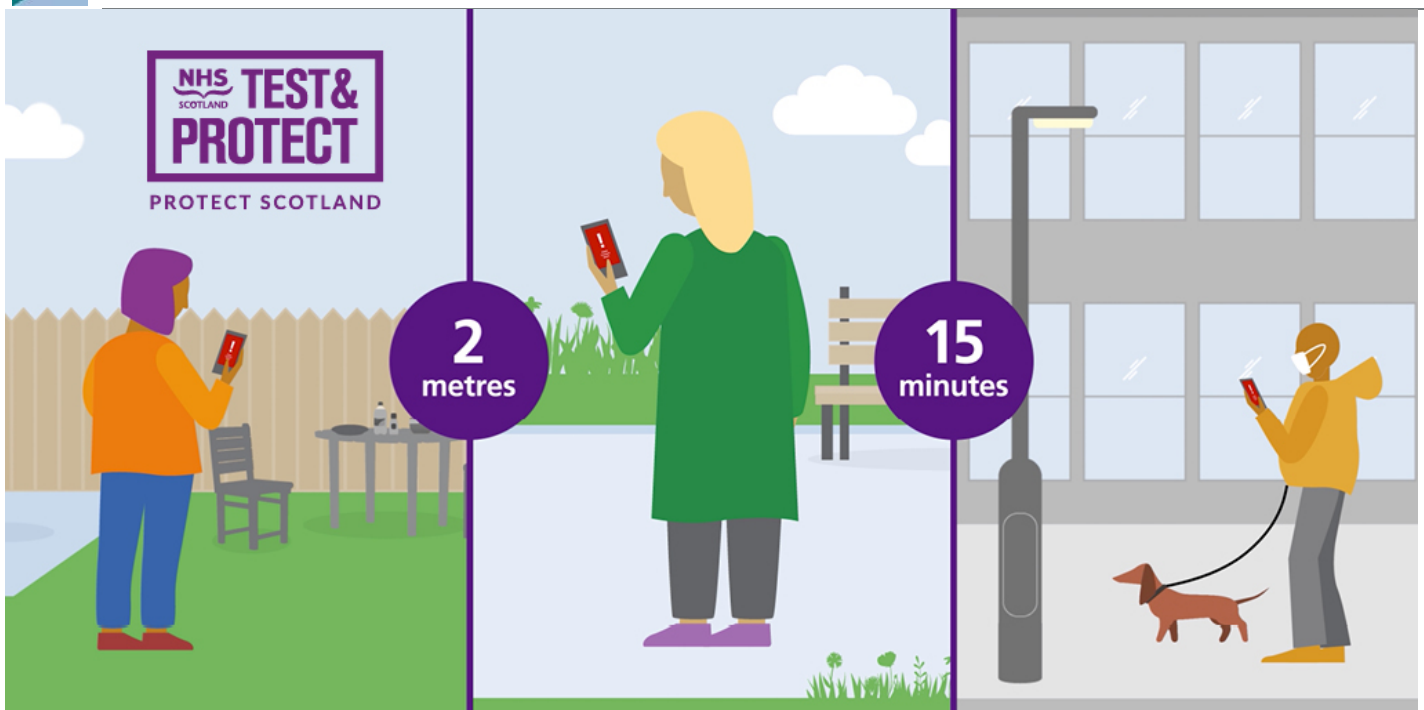
STAFF NEWS



www.glasgow.gov.uk/staffupdates

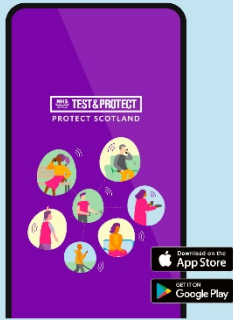
Monday 14 September 2020

New Protect Scotland App



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The free Protect Scotland app can alert you and keep you from spreading coronavirus. It's quick, anonymous and uses minimal data. Download today.



People across Scotland are being urged to download the new **Protect Scotland App** to help suppress the spread of coronavirus. The free app will help keep Scotland safe from coronavirus

The free app from **NHS Scotland's Test and Protect** is now available to download on [protect. Scot](https://protect.scot) and through the [App Store](#) and [Google Play](#).

The app is the next step in stopping the spread of coronavirus and complements existing contact tracing measures. It will help to determine contacts that may have otherwise been missed, and will allow people at risk to be contacted far more quickly so they can steps to reduce the risk of infecting others.

This app uses tried and tested technology developed by Apple and Google and is already working successfully in other countries across Europe. It works in the background using minimal data and will automatically alert you if you have been in close contact with another app user who has tested positive. And if you test positive, the app can quickly alert those you have had close contact with. The app uses Bluetooth technology, so it never knows your identity or location.

As we see the rate of infection increase it's important that we all download and use the Protect Scotland app. The more of us using the app, the better it will work.

More information

- You can download the app on [protect. Scot](https://protect.scot) and through the [App Store](#) and [Google Play](#).
- You can learn more about how the app works, information on the new [protect. Scot](https://protect.scot) website.

Help stop the spread of the virus – test and protect

Test and Protect is a public health measure designed to break chains of transmission of COVID-19 in the community. Anyone who has COVID-19 symptoms of a new continuous cough, temperature or loss or change in sense of taste or smell should book a test at [NHS Inform online](#) or phone **0800 028 2816**.

Follow the guidance and know when to self-isolate

You must take personal responsibility and follow all the rules and guidance in place. You can read the latest guidance on [NHS Inform](#). For the Scottish Government guidance on Test and Protect and information for people who are asked to self-isolate go to www.gov.scot/publications/coronavirus-covid-19-test-and-protect/pages/summary/

Some areas have additional restrictions in place and you need to keep updated at www.gov.scot/publications/coronavirus-covid-19-local-measures/pages/overview/

A summary of the current information on self-isolation is below.

You will need to self-isolate at home if:

- You have symptoms of COVID-19 or you have tested positive for it, you will be asked to self-isolate **for 10 days**
- If you live with someone who has symptoms or has tested positive, or you have been in close contact with someone who has tested positive, you will be asked to self-isolate at home **for 14 days**
- You are contacted by Test and Protect Service by phone or an alert from the app and asked to self-isolate. Close contacts are defined by Test and Protect Service as people who have been within two metres of someone who has tested positive for 15 minutes.

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- If **you live in a restricted area** and are contacted by Test and Protect and identified as a close contact of someone who has tested positive for COVID-19, you and everyone in your (extended) household should self-isolate for 14 days.

You don't need to self-isolate if, for example:

- You've heard that someone who attends your workplace or your child's school has coronavirus. You don't need to take any specific actions as long as you and your child remain well and you haven't been contacted by Test and Protect. If you are identified as a close contact, you will be given further advice by Test and Protect.
- Someone in your household without symptoms is self-isolating as a close contact of person who is a confirmed case, other people in the household will not be asked to self-isolate – unless they have also been in close contact with a person who is a confirmed case, in which case they will be informed by the NHS.

Symptoms at work

If you develop symptoms at work then you should leave work to self-isolate straight away, inform your line manager and, if possible, wear a face covering on route and avoid public transport. In these circumstances, your manager will contact the COVID Incident Response service who will appropriately clean the area.

Reporting self-isolation

You should continue to report any period of self-isolation absence in the normal way and to your line manager. If you can, you should send an isolation note to us as proof you need to stay off work because of coronavirus, [Get an isolation note](#). You don't need to get a note from a GP.

If you need to self-isolate because you are following the government guidance or told by NHS Scotland Test and Trace service to do so, then this will not affect your salary or your sick leave record.

For support and advice read [staff guidance on test and protect](#).

Keep following the Scottish Government [rules on staying safe and protecting](#) others to help suppress coronavirus (COVID-19).



NS grass-cutting team to the rescue

The Neighbourhoods and Sustainability grass-cutting team was quick to respond to a plea from a local school where uncut grass was restricting opportunities for children to get into the open to play and learn.

Throughout the lockdown, Molendinar Family Learning Centre was one of the establishments staying open to provide nursery education to vulnerable and essential workers' children. But the growth of grass around the centre was restricting outdoor activities.

Irene Muldoon, the **Head Teacher** at the Centre contacted **Lisa McPhee**, Depot Manager at St Rollox depot to highlight the issue and was delighted when grass-cutters **Ian Reynolds**, **Robert McDougall** and **John Anderson**, arrived to tidy up the area. The supervisor Richard Rooney was involved in the organisation of this.

Irene contacted Lisa to say: "I'd like to thank you and staff for excellent work that was carried out at Molendinar Family Learning Centre.

"The overgrown grass for sure was a challenge which the skilled staff conquered with a smile on their faces. This will enable the staff to provide learning opportunities for our children in exploring the outdoor environment. Thank you."

Lisa said: "The guys on both shifts have worked tirelessly to get the grass in the area to manageable state; I've been really impressed with their work. And the supervisors have worked hard to make sure the area is being looked after.

“Throughout the pandemic our cleansing and parks operatives have done an amazing job. They’ve continued to get on with their daily duties and have gone above and beyond what’s expected of them. The praise they were given was well received.”

Help to sleep better and worry less



NHS Scotland recently partnered with Big Health to provide free access to self-help programmes [Sleepio](#) and [Daylight](#) for all health and social care staff in the public, private and third sector as well as their families to help protect their mental health throughout the COVID-19 response.

You can enjoy free access to these programmes by following the instructions below.



Sleepio is a highly personalised, digital sleep improvement programme that is scientifically proven to help overcome poor sleep.

The programme is based on cognitive behavioural therapy (CBT) and led by a digital sleep expert - the Professor - who will teach you evidence-based skills and techniques in 6 weekly video sessions

How to access Sleepio

1. Visit www.sleepio.com/healthandcare-scot on your laptop or desktop computer
2. Answer some sleep questions to tailor the programme to your needs
3. Provide your postcode
4. When it asks about 'Function' - select your relevant work area from the dropdown menu.
5. Sign up to get your sleep score and to get started.



Daylight is a smartphone-based app that will teach you ways to manage worry and anxiety in your life.

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Through cognitive behavioural therapy (CBT) techniques Daylight offers audio-led guidance tailored to your unique problematic thoughts, behaviours, and responses to worry and anxiety. The programme introduces you to a range of techniques and guides you through daily practice sessions.

How to access Daylight

1. Visit <http://trydaylight.com/healthandcare-scot> to access Daylight
2. Answer some questions to tailor the programme to your needs
3. Sign up for an account using your name and email address
4. Download the Daylight smartphone app (search 'Daylight -Worry Less')
5. Use your account login details to sign in to the app and get started.

Technical support

If you have any technical questions about these programmes, please contact:

hello@sleepio.com

hello@trydaylight.com



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Charities need you more than ever



StC will match new donations by £10 for the first month, to any of our charity partners, during September 2020

Click Here to Donate

As we try and return to the new normal, we want to thank all you amazing Payroll Giving donors for your continued support for UK charities who need you, so they can continue their vital work.

These are challenging times for everyone, and your regular donations are invaluable, to support this any new donations to one of our charity partners will also receive up to £10 matched donation from StC as a thank you, during September.

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▶ Got a story to share, a colleague to thank or a photograph to publish?

We'd like to hear **from you!**

Insider@glasgow.gov.uk



▶ We're still recruiting

Current vacancies

- Internal vacancies are on [myjobscotland](#).
- For vacancies in home care, facilities management and catering click [here](#).

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Covid-19 Renewal Programme

KEEP UPDATED

at all times on the website

www.glasgow.gov.uk/staffupdates

