

## HEALTH AND SOCIAL CARE - ARRAN UPDATE ON COVID 19 – 29/07/20 14:00

**Advice will continue to be updated – please look out for the national updates**

**Please share**

**You can find up to date information on COVID 19 at [NHSinform](#)**

There have been no positive tests on Arran since the last update. It is now over 100 days since a positive test on the island.

As expected, the increase in ferries and visitors in the last two weeks have resulted in increased presentations to A&E and the GP practice. The GP practice is providing a higher than usual number of appointments, though many of these remain by telephone. Please continue to get in touch if you need any health advice.

Services remain highly vigilant for symptoms of possible COVID infection. It is not possible to predict with certainty when we will see more COVID cases on Arran but it remains important that our health and care services are operating with increased infection control measures in place and that we maintain the capacity to rapidly assess, treat and isolate cases as they arise. This means that many of the different ways of working will remain for some time. The coming weeks of increased activity on the island will be an important period as will the transition to winter and the usual increase in seasonal infections and illness.

We can all continue to do our part by keeping to the Scottish Government's advice on staying safe and protecting others. FACTS is the acronym to remind us of advice: Wear **F**ace coverings in enclosed spaces and **A**void crowds. **C**lean your hands and surfaces frequently. Keep **T**wo metre social distancing. **S**elf isolate and book a test if you have symptoms.

There will be an expanded Flu vaccination programme this year with more people eligible for vaccination. The logistics of delivering this while maintaining social distancing are being worked out . It may prove to be the groundwork vital to delivering a coronavirus vaccine programme.

[More information on how to stay safe and protect others is available here.](#)

Thank you for your continued support and understanding of the measures needed for safe care. Thank you to everyone working in caring and supporting roles – those for whom that is their job and the very many volunteering or caring for loved ones.

## **TO ARRANGE A TEST**

June saw the launch of Arran's local branch of the Test and Protect programme at Brodick Health Centre. This means that anyone displaying any of the following symptoms of COVID 19 is eligible for a test on the island:

- a new continuous cough;
- a fever/ temperature of 37.8°C or above; or
- a new loss of sense of smell or taste;

**CALL 01770 601033 to arrange a test** – please do not attend without an appointment or present to A&E with these symptoms.

The aim of test and protect is to rapidly contain the spread of the virus so that it has little effect on your community, friends and family. This means it is vital that you and your household self-isolate as soon as you begin to display symptoms and until test results are available. More specific information will be provided as you make your way through the Test and Protect process. [More information is also available here.](#)