

**Public Health Directorate**

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Our Ref SW/dlm  
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Dear All

It's safe to say, it has been a year unlike any other for you. From the return to school last August, to the sudden lockdown again in January, to the challenges for senior pupils trying to complete their qualifications. I am sure you are all ready for a break! I am writing to you all to say, firstly, well done for getting through it all. It has not been easy, and you have shown strength and maturity well beyond your years. I know your parents and teachers are proud of you and you should certainly be proud of yourself.

I am also writing to make some suggestions of things you can do to help all of us keep making progress. At the time of writing, we are seeing a steady increase in case numbers across Grampian. The Delta variant, which has proven to be much more easily transmitted, is now the dominant strain in the region. This means we need to go carefully and cautiously in the coming weeks.

If you are due to turn 18 between now and March 2022, you will be offered a COVID-19 vaccination appointment in due course. Please attend this appointment and the follow up appointment for your second dose. Getting both doses of the vaccine ensures you receive the maximum protection possible.

If you are able to, keep testing through the summer period. Taking a Lateral Flow Device (LFD) test, ideally twice a week, helps with early detection of cases. LFD kits can be ordered via the NHS Inform website (details below) or collected from participating community pharmacies. If that's not possible, we would definitely encourage you to resume testing just before the start of the new term. Remember, if you develop any of the known symptoms of COVID-19, you must arrange a PCR test as soon as possible. All the information you need on testing – both PCR and LFD – can be found on the NHS Inform website ([www.nhsinform.scot](http://www.nhsinform.scot)), just click on the red banner at the top of the page for all the latest COVID-19 information and advice.

If you're getting together with friends, please stick to the limits on numbers wherever you can and remember that outside is generally safer than inside.

I know that, right now, you won't want to think about the return of school in August. However, please be assured that our team in NHS Grampian, along with your teachers and all the council education officials will be keeping a close watch on the situation. Our priority is ensuring you will be able to return to school safely.

I wish you all a very enjoyable summer break and, if you have completed your time in school, I wish you all the very best for your future!

Yours sincerely

A handwritten signature in black ink, appearing to read 'Susan Webb', written in a cursive style.

Susan Webb  
Director of Public Health  
NHS Grampian