



Dear Colleagues

As of the 13th June 2024, the [NHS Inform advice](#) on Covid-19 has been updated. This was informed by a review from Public Health Scotland and Scottish Government clinicians. Based on this review, it was recommended that the advice to self-isolate for five days following a positive Covid-19 test should be removed from guidance. This change to public health advice now brings Scotland in line with guidance in Wales and Northern Ireland.

This change to NHS Inform guidance also follows the [recent removal of asymptomatic COVID-19 testing before discharge from Scottish hospitals to care homes and hospices](#).

Since the 30th August 2023, health and social care staff with symptoms of a respiratory infection have been asked to follow the Covid-19 advice on NHS Inform. We ask health and social care staff to continue to follow this NHS Inform advice going forward. If there are any further changes to this advice, Scottish Government will engage with, and inform, health and social care employers accordingly.

Finally, we continue to recommend that any staff who are returning to work after recovering from symptoms of a respiratory infection, should do so in discussion with their line manager. This will allow for an appropriate risk assessment to take place prior to their return to the workplace. This is of particular importance for staff who work in areas of high clinical risk (please see PHS guidance [on return to work](#)).

If you have any queries relating to this change to guidance please contact: LCW@gov.scot.

Kind regards,

Yours sincerely,

Professor Sir Gregor Smith
Chief Medical Officer

Anne Armstrong
Interim Chief Nursing Officer

**From the Chief Medical Officer
for Scotland and Interim Chief
Nursing Officer**

Professor Sir Gregor Smith
Anne Armstrong

Updated – 24th June 2024
9 August 2023

SGHD/CMO(2023)12

Addresses

- NHS Scotland Chairs
- NHS Scotland Chief Executives
- Chief Officers Health and Social Care Partnerships
- Chief Social Work Officers
- Local Authorities
- HR Directors
- Medical Directors
- Nurse Directors
- Primary Care Leads
- Directors of Pharmacy
- Directors of Public Health
- Directors of Dentistry
- Health Protection Teams
- Optometric Advisors
- Infection Control Managers
- Infection Control Doctors
- Infection Control Nurses
- NHS Occupational Health Leads
- Scottish Microbiology and Virology Network
- Adult Social Care Providers
- Care Inspectorate
- National Prison Care Network
- Chief Executive, Scottish Prison Services

Further Enquiries:

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