



Well, it's been a long three months and your GP Surgery is certainly different to that pre-pandemic. Although you are faced with a closed door, we are still open and we are definitely still here to help. It's just the way you access our services that had to change.

**ALL CHANGE:-** Some of the changes we have made are the Intercom system at the main doors to help communicate with the outside world. Bear with us because when it's windy it is difficult to hear you. We have new glass screens on the reception desk, seating in the waiting room has been changed to ensure 2 meters distancing. We have one entrance and one exit. We aim to provide telephone checks to check if symptom free before asking to you to attend, having your temperature checked on arrival & additional alcohol gels throughout the building.

You can use your vehicles as your own personal waiting room if you choose to.

We have new computer programmes to help with video consultations. This is known as Vixie. We have found video consultations very helpful and means we don't risk your health by asking you to come down the surgery.

We are aware that shops and supermarkets are open but as yet not your surgery front door. This is discussed weekly at both local and national level and we are doing what we are told! We would hope that you wouldn't go shopping if you were poorly but will come to surgery will illness.

We still have **Online Services** on the computer that holds your medical records. This is used to order repeat prescriptions, look at your medical record and change your contact details.

## **Sick notes**

have increased enormously since lockdown and we are

currently emailing these out or posting if you don't have email.

**Annual Reviews:-** We are still doing your annual health 'birthday' reviews with as much as possible of this being completed over the phone or via a video consultation. We will of course still need to see you for blood tests and other things.

**All prescriptions** are now sent electronically to the pharmacy. You will need a nominated pharmacy for all prescriptions. If you have repeat medication, we need to know where to send it. If you get a prescription during your visit to the GP, they will ask you there and then.

Please can you make sure your **contact details** are up do date and provide an email address if possible. With all the new technology, it's important that we can keep in touch with you.

**Goodbye Chris Ashton**, our Community Midwife retired at the beginning of April and will be sadly missed. Our new midwife is called Soffia Ashraf

It's **Hayfever** season again and we recommend you buy medication for this over the counter - at the supermarket, shops and budget stores.

**Helplines** for all kinds of health conditions including mental health can be found at [www.nhs.uk](http://www.nhs.uk)

Police Emergency 112 or 999. Routine calls 101.

Samaritans – 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

Childline – 0800 1111

RSPCA - 0300 123 4999

The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.



World Health Organization

#Coronavirus #COVID19



## FACT:

Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.

### Coronavirus

Coronavirus main symptoms are a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste. Please get a test. You can get 1 test for each person with symptoms or one for yourself if your hospital tells you that you need it. For the test to work, follow the timeline below:-

**Days 1 to 4** - Book a drive-through or walk-through test at a test site or order a home test kit. Order the kit by 3pm on day 4 to make sure you can do the test in the first 5 days.

**Day 5** - Book a test at a test site. It's too late to order a home test kit.

**Day 6 onwards** - It's too late for an antigen test.

When the antibody test is available, this may or not show if you have had the virus. We still don't know if having had the virus, makes you immune of having it again.

**Coronavirus scams and fraudsters.** The NHS Coronavirus test and trace is free. The NHS antibody test will be free. If someone rings you and offers you a test you have to pay for, for whatever reason - please feel free to end the call.

### Condolences

We wish to extend our sympathies to everyone who has lost loved ones during the pandemic. If we can help in any way, please contact us on 384498, option 1.

### Referrals to Outpatients

As of the beginning of July, our local hospitals are not accepting routine referrals to see a consultant, unless it is 'clinically urgent', which means if the consultant (not us) think it's urgent they will offer you a consultation. Otherwise we will be told to refer you again, when they say we can. Cardiology is opening soon. We can still ask the consultants for advice on your condition if needed. Some hospitals further away are offering Dermatology. Suspected cancer referrals have never stopped and if you are worried please phone us.

**Our telephone number** is 384498 and options are:-

Appointments – option 1

Prescriptions – option 2

Secretary – option 3

General Enquiries – option 4

Email: wakccg.homesteadmc@nhs.net