

CORONAVIRUS SYMPTOMS

As of 16th March, NHS England recommended that anyone who has:

- **A high temperature** (you feel hot to touch on your chest or back; or
- **A new continuous cough** (you've started coughing recently)

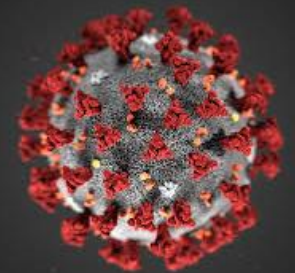
should

STAY AT HOME FOR 7 DAYS

- ◆ **DO NOT GO TO A GP SURGERY, PHARMACY OR HOSPITAL**
- ◆ **YOU DO NOT NEED TO CONTACT 111 TO TELL THEM**
- ◆ **TESTING IS NOT NEEDED**

ONLY CONTACT 111 IF:

- ◆ **You cannot cope with your symptoms at home**
- ◆ **Your condition gets worse**
- ◆ **Your symptoms do not get better after 7 days**



HOW LONG TO STAY AT HOME

- ◆ if you have symptoms, stay at home for **7 days**
- ◆ if you live with other people, they should stay at home for **14 days** from the day the first person got symptoms

If you live with someone who:

- ◆ is **70 or over,**
- ◆ has a **long-term condition,**
- ◆ is **pregnant or**
- ◆ has a **weakened immune system,**

try to find somewhere else for them to stay for 14 days.

If at all possible, you should not go out even to buy food and essentials.

Instead you should ask others for assistance with your daily necessities.

The exception to this is for exercise. Even then, you should keep at a safe distance from others.

If it's not possible to receive deliveries at home, then you should do what you can to limit your social contact when you leave the house to get supplies.





CONTACT WITH THE SURGERY

**All contact with this surgery
must now be by telephone initially.**

We will then triage to a member of the clinical team, who may call you in should this be necessary.

You will be asked not to bring anyone with you, except essential carers, in order to reduce footfall in the surgery.

PRESCRIPTIONS

We are happy to issue prescriptions as they become due, but please do not ask us to order your items early.

This in order to make sure that ALL patients can receive their medications when they need them and do not stockpile.

Please post your requests through our letterbox. DO NOT BRING THEM INTO THE SURGERY.

PHLEBOTOMY

Our walk-in blood service will cease immediately. Patients who need to come in for important blood tests will instead be given an appointment time.

This helps us to reduce the numbers of patients in our waiting room.

Please telephone us to get an appointment.

DO NOT WALK-IN TO THE SURGERY.

URGENT TELEPHONE LINE

ONLY for exceptional emergencies that do not require 999

8.00am – 8.30am ONLY

01984 632701

CORONAVIRUS (COVID-19)

- what you need to know

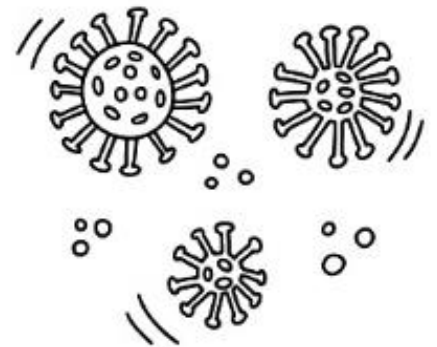
Coronavirus (or COVID-19) is a respiratory illness which affects the lungs and airways with symptoms including a fever followed by a dry cough then shortness of breath.

These symptoms alone do not indicate a diagnosis of coronavirus and are similar to other common illnesses such as cold and flu.



Older people and those with pre-existing medical conditions, such as asthma, diabetes and heart disease, are at most risk of becoming severely ill with the virus.

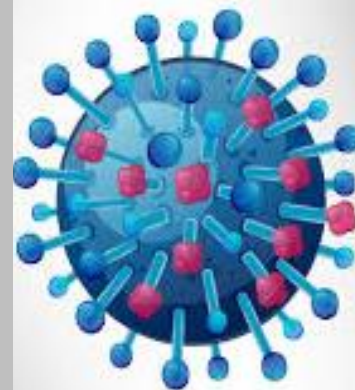
Antibiotics are not effective in the treatment of COVID-19 because it is a virus and not a bacterial infection though patients hospitalised may be treated to avoid the risk of co-infection.



How is coronavirus spread?

How the virus spreads from person to person has yet to be confirmed.

Similar viruses are known to spread in cough droplets and the NHS states that it is very unlikely that it can be spread through packages or food.



Slowing the spread

Wash hands frequently with soap and water or a hand sanitiser gel (with an alcohol content of 60% or over).

The NHS advise washing hands for 20 seconds and when:

- ◆ getting home or into work;
- ◆ blowing your nose, sneezing or coughing;
- ◆ eating or handling food.

Catch coughs and sneezes with disposable tissues. Throw away used tissues (then wash hands).

Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid close contact with people who are unwell.