



# Queenhill Medical Practice Newsletter Spring 2020

## Coronavirus

Information is available

at [gov.uk/coronavirus](https://www.gov.uk/coronavirus) and <https://www.nhs.uk/conditions/coronavirus-covid-19>

Advice for people at high risk: <https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk/>

### STAY AT HOME TO STOP CORONAVIRUS SPREADING

Everyone must stay at home to help stop the spread of coronavirus. This includes people of all ages – even if you do not have any symptoms or other health conditions.

You can only leave your home:

- **to shop for basic essentials** – only when you really need to
- **to do one form of exercise a day** – such as a run, walk or cycle, alone or with other people you live with
- **for any medical need** – for example, to visit a pharmacy or deliver essential supplies to a vulnerable person
- **to travel to and from work** – but only where this is absolutely necessary

### WELL-BEING WHILE STAYING AT HOME

Taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19).

Visit [NHS Every Mind Matters](#) for advice, practice advice and support groups.

If you cannot wait to see a doctor and feel unable to cope or keep yourself safe, it's important to get support.

## CORONAVIRUS SYMPTOMS

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

**To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.**

Use the 111 online coronavirus service to find out what to do.

**Use the 111 coronavirus service**

**Only call 111 if you cannot get help online.**

**Get an isolation note**

<https://111.nhs.uk/isolation-note/>

## HELP THE NHS RESPOND TO CORONAVIRUS

Use the quick [NHS coronavirus status checker](#) to tell us about your current experience of the virus. This will help the NHS plan its response to coronavirus by showing where the virus is spreading and how it affects people.

## COVID-19 SUPPORT

How can we help you?

If you think you might have coronavirus or you've been in close contact with someone who has it visit [NHS 111 online coronavirus service](#) for advice.

## KEEPING ACTIVE

To stay fit and healthy whilst at home, try the [NHS Home workout videos](#).

## ADVICE FOR PATIENTS WITH PRE-EXISTING CONDITIONS

- [Macmillan](#) – Cancer and coronavirus
- [Asthma UK](#) – What to do if you have asthma
- [Blood Cancer UK](#) – Information for people affected by blood cancer
- [Diabetes UK](#) – Coronavirus and diabetes
- [Kidney Care UK](#) – Guidance for patients with kidney disease

## ADVICE FOR VULNERABLE PATIENTS

- [Guidance on shielding and protecting extremely vulnerable people](#)
- [How to get support for extremely critical vulnerable person](#)
- [Advice for people at higher risk](#) – those who are 70 or older, are pregnant or have a condition that increases the risks from coronavirus.
- [Pregnancy advice](#)

## TRACY'S HEADSHAVE

### **Tracy Smith the Queenhill Practice Medical Secretaries Story:**

So, in these strange times that we are all living in due to COVID-19, I wanted to raise some money for charity and have decided to do a sponsored head shave.

At the moment charities appear to be suffering so I have chosen The Chartwell Children's Cancer Trust, a local charity that raises funds to make improvements to Cancer Care for patients. In particular, funds are needed for the Lily Pad Appeal to create a new, state-of-the-art Children's Oncology Unit at Croydon University Hospital. The shave will take place on Thursday 7 May 2020 where I will be given a No. 4 all over. Obviously, this is going to take some getting used to and I may look a little odd for a few months, but bear with. After all, it's only hair and it grows, I hope!!

Thank you so much for sponsoring me.

Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity.

<http://www.justgiving.com/owner-email/pleasesponsor/Tracy68>

### **THE SURGERY WILL BE CLOSED ON THE FOLLOWING DATES:**

**Bank Holiday Monday 25<sup>th</sup> MAY – SURGERY CLOSED**

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### **IF YOU NEED CARE OUTSIDE OF OUR NORMAL SURGERY HOURS, PLEASE REMEBER**

**NHS OUT OF HOURS NUMBER is 111**

**EMERGENCY SERVICES is 999**



<b>Urgent Care Centre, Purley Hospital</b>	<b>0208 401 3238</b>
<b>Parkway, Minor Injuries Unit.</b>	<b>0208 714 2950</b>
<b>Edridge Road, walk-in Centre</b>	<b>0203 040 0800</b>
<b>Croydon University Hospital A &amp; E</b>	<b>0208 401 3013</b>