



# Sele News



**Drs Gold, Walker & Frankel**  
**Sele Medical Practice, Hexham Primary Care Centre,**  
**Corbridge Road, Hexham, Northumberland, NE46 1QJ**

**Telephone (01434) 602237 Fax (01434) 613063**

**[www.selemedicalpractice.co.uk](http://www.selemedicalpractice.co.uk)**

## **CORONAVIRUS APRIL 2020**

## **PLEASE TAKE ONE**

### **Challenging times**

These are troubling times for everyone so please read our information so that you know what we are doing for our patients and staff to stop the spread of coronavirus

Yes, we are open but we are following government guidance on social distancing within the building and ask that, you only attend the practice if you are requested to do so and that you follow social distancing guidance at all times.

We are here to take your calls but you can also use our online services to request GP advice or prescriptions.

Our GPs are working hard to provide the best possible service to patients by phone. If you have requested a call, please have your phone available. We will try to stick as closely to your appointed time as possible.

Please do not present to the practice without telephoning or using e-consult first. We will turn you away so that you can be assessed by phone. This is for your safety and the safety of our staff.

Our clinical staff may wear personal protective equipment (PPE) in the form of gloves, masks and aprons. This is for both your and their protection, so please do not be alarmed.

### **Stay at home**

You should only leave home for the following reasons and for the minimum time possible, maintaining a distance of 2m from anyone outside your household:

- Shopping for food and medicine – as infrequently as possible
- One form of exercise per day such as a run, walk or cycle – alone or with members of your household.
- Any medical need or to provide care or to help a vulnerable person
- Travelling to and from work but only if you can't work from home.

There is separate advice if you are at high risk of becoming seriously ill from covid-19.

### **Most common Coronavirus symptoms:**

A high temperature – you do not need a thermometer; just check if your back or chest feels hot to the touch.

A new continuous cough – this means coughing a lot for more than an hour or 3 or more coughing episodes in 24 hours. Some people usually have a cough so it may become worse.

There are other, less common symptoms but the key is to stay at home and use 111 online to find out what to do. Call 111 only if you can't get the advice you need online.

There is a great deal of good general information on the gov.uk website which includes getting an 'isolation note'.

Many people can have the virus without symptoms which is why it is so important that everyone stays at home so that it is not spread unintentionally.

### **What to do if you become unwell**

Please access 111 online for advice. This will include taking regular paracetamol, rest and drinking plenty. We do not have the ability to test for or treat this virus (antibiotics don't work on viruses) so if your condition deteriorates you will need to contact 111 by telephone for possible hospital admission.

### **Baby immunisations**

We are continuing to immunise babies as it is particularly important that they build up immunity to childhood diseases. We will ask you to wait outside and will call you when it is safe for you to bring your child into the practice so that contact is minimised.

### **Blood tests/ injections**

We are continuing these where safe and appropriate to do so. Our nursing team is proactively contacting patients for telephone reviews where possible.

### **Prescriptions**

If you cannot use our online service, please call our prescription line 01434 607000 Monday to Friday, 10.00 – 16.00. You should be aware that pharmacies are now asking for a week's notice. Written requests can be placed in our outside post box which is emptied regularly.

### **Shielding**

Anyone who usually receives a free flu vaccination should practice social distancing. Anyone in a high risk category should not leave their home; not even to collect medication or buy supplies.

We have living well co-ordinators working with the practice who can direct you to services which can help.

### **Easter Opening**

We will be open on Good Friday and Easter Monday.

### **Thank you**

Thank you to all those who have sent messages of support and thanks to our team. We very much appreciate your taking the time to do so.

A final thought...

Good health is not something we can buy. However, it can be an extremely valuable savings account.  
Anne Wilson Schaefer