

# Leven & Beeford Medical Practice Newsletter

LIVE  
**BREAKING  
NEWS**

We now have a practice Facebook page we will be using to keep you updated with appropriate information

Give us a Like



Leven and Beeford  
Medical Practice



## COVID-19

Stay at home if you have coronavirus symptoms

Stay at home if you have either:

- **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)

Do not go to a GP surgery, pharmacy or hospital.

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

### To reduce your risk of infection

wash your hands with soap and water often – do this for at least 20 seconds (Sing 'Happy Birthday' twice)

- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

**For all those patients aged 70+, in a high-risk category (eligible for the flu vaccination) or pregnant, the advice is to socially distance yourself for 12 weeks**

### Guide to social distancing

- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid gatherings with friends and family, stay in touch using phone, internet and social media

**DUE TO TRYING TO REDUCE THE RISK OF THE CORONAVIRUS TO OUR PATIENTS, AND ALL THE STAFF, WE ARE CURRENTLY OFFERING TELEPHONE APPOINTMENTS ONLY. ONCE THE DOCTOR / NURSE SPEAKS TO YOU, THEY WILL ASSESS WHETHER A FACE TO FACE APPOINTMENT IS NECESSARY.**

**WE ARE REVIEWING THE SITUATION DAILY AND ARE FOLLOWING ANY NATIONAL GUIDANCE GIVEN**

**WE ARE ALSO EXPERIENCING STAFF SHORTAGES AS WE DEAL WITH THE SITUATION**

**WE WILL DO OUR VERY BEST TO MAINTAIN THE HIGHEST POSSIBLE CARE TO OUR PATIENTS DURING THIS PANDEMIC**

## Pharmacy News

**Please don't order more than 1 month of medication at a time and No more than 1 week before it's due**

We are currently experiencing a high demand for our prescription home delivery service and we anticipate this demand to increase over the coming days and weeks. If you have a neighbour or family member who is able to collect your prescription we would really appreciate it if you could do this rather than have a home delivery. This will allow us to prioritise our delivery service for those who have no other way of obtaining their prescription. If you or a member of your household is self isolating please let us know so that we can arrange a doorstep delivery.

### REMINDER

As we are trying to reduce the spread of the virus, we have introduced the following measures. Anyone going into the pharmacy, please note the following:

- Please stand 2 metres away from other customers and staff
- Please don't wait inside the chemist whilst your medication is being prepared

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### Dealing with anxiety over the coronavirus (COVID-19 pandemic)

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

### Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

### Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

*For more information, visit:*

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

**Thank you to our Patient Group members for their contributions**