

Ball Tree Surgery

theballtreesurgery.co.uk



Keeping yourself well

| Diet | Lifestyle | Self-Care |
|-------------------------------|---------------------|---|
| Eat a healthy balanced diet | Take daily exercise | Take your medications regularly as prescribed |
| Drink Plenty of fluids | Avoid smokey areas | Keep warm |
| | | Avoid large gatherings |

Know when you are becoming unwell

If you: Have a fever,
Have an increased cough,
Are drinking less
Have diarrhoea or vomiting
Are feeling less well

What to do?

If you start to feel unwell with any of the above symptoms

- Drink plenty of fluid
- Eat little and more often
- Rest more
- Follow the "Looking after your kidneys advice sheet"

If you are unwell and are taking:

- Metformin,
 - Water tablets eg indapamide or bendrofluazide
 - Ibuprofen/Naproxen/Diclofenac,
 - Ramipril/Lisinopril/Losartan or Candesartan
- Then **STOP THEM for 10 days**

If you are feeling increasingly unwell - Please contact 111 online or in an emergency call 111

While our services are pressured at the surgery we are here if needed in an emergency.

There will be further guidance coming from the government soon. Please look after yourself and those around you in the community if you are able, or ask a neighbour for support. There are local initiatives being set up to support people in Lancing and Sompting that will be advertised shortly.

Ball Tree Surgery: **01903 752200**

Kingfisher Branch: **01903 768348**

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