

IMPORTANT INFORMATION – CORONAVIRUS (Covid-19)



'Help us to help you' message from local GPs

Local GPs have issued a strong message appealing to their patients and the public to all join the fight to stop the spread of coronavirus and help GP surgery teams to do their caring jobs under increasingly difficult circumstances.

With the unfolding and serious Covid-19 situation, GP surgeries are helping to promote important public health messages, but are also changing the way they work to protect patients and staff.

Local GP, Dr Lawrence Fielder from Brunston and Lydbrook Practice said:

"If we all pull together – patients, the public and healthcare teams - we can help protect the most vulnerable in our society from serious illness or even death and also have the chance to turn the tide on this dreadful virus."

"As GP surgeries in the district, we are working closely together to provide essential services. The public may notice a change in the way these services are provided, but we are doing this to keep the NHS going under unprecedented pressure."

Helping to stop the spread of Coronavirus (Covid-19):

- Wash your hands regularly with soap and water for 20 seconds and cover your mouth and nose with a tissue or your sleeve when you cough or sneeze
- If you are at high risk of serious illness e.g. severe lung conditions, certain types of cancer treatment - full list at www.nhs.uk/conditions/coronavirus-covid-19 - you are strongly advised to stay at home for 12 weeks. This means not going to any public places, and no visitors. You will receive a letter from the NHS
- Everyone else – stay at, and work from, home wherever possible and avoid social activities. If you absolutely need to go out e.g. essential shopping for necessities, keep your distance from other people.

If you do have the symptoms of Coronavirus (Covid-19):

- If you have a new, persistent cough or a high temperature, you and anyone you live with are asked to self isolate (stay at home) to protect others and stop the spread. Check www.nhs.uk/coronavirus for details
- If your symptoms get worse during home isolation, use NHS 111 online. If you have no internet access, you should call NHS 111
- Do not visit your Pharmacy, GP surgery or hospital.

For everyone else, please help our GP surgeries to help you:

- **CALL** your GP surgery or go online if you need urgent medical help
- The surgery will first assess your needs over the phone or online so you are cared for by the right person, in the right place for your illness
- There will be very few face to face consultations to ensure the safety of patients and staff, but there will be many more telephone, online and video consultations
- Please **DON'T** turn up at the surgery demanding to be seen and please respect our staff who are doing their very best in difficult circumstances
- If you are asked to come to the surgery and are greeted by someone wearing protective clothing, please let them ask you about symptoms before you enter the building and they may want to take your temperature as well - it's for everyone's safety
- Over ordering of repeat medication is not needed and GP surgeries will **NOT** be changing the usual length of medicine supplies to patients. This will ensure there are always stocks available
- **DON'T** ask for reliever inhalers e.g. Ventolin unless you have a genuine and current medical need
- Please **DON'T** stockpile hand sanitiser (alcohol gel) at home. We need to ensure there is always stock available for GP surgeries and the wider NHS.

Thank you for your support, it's appreciated.

General advice on Coronavirus is available from: www.nhs.uk/coronavirus

