

# Spring Newsletter





HM Government

**NHS**

# CORONAVIRUS

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Have you been to an affected place  
in the last 14 days

or

had contact with somebody  
with Coronavirus,

and

do you have any of these symptoms?



Cough



Fever



Shortness of  
breath

If yes, please follow the signs to the  
**NHS 111 Coronavirus Pod**  
so we can help you

Find out more at [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

# Preventing the spread of infection

There are general principles you can follow to help prevent the spread of respiratory viruses, including:

- Wash your hands often – with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available. This is particularly important after taking public transport
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are sick
- If you feel unwell, stay at home, do not attend work or school
- Cover your cough or sneeze with a tissue (or into your elbow), then throw the tissue in a bin. Search online for Catch It, Bin It, Kill It.
- Clean and disinfect frequently touched objects and surfaces in the home and work environment.
- If you are worried about your symptoms, please call NHS 111. Do not go directly to your GP or other healthcare environment.



# Get protected against measles

The Measles, Mumps and Rubella (MMR) vaccination is the safest and most effective way to protect you and your family against these diseases. Full protection requires two doses.

For anyone not fully immunised, a catch-up vaccination is available.

Ask the reception team for more information.

[www.nhs.uk/MMR](http://www.nhs.uk/MMR)

**HELP US  
HELP YOU**  
**GET PROTECTED**



Rachel Keith, Nurse

# Mumps Outbreaks Across England

Mumps cases have risen to the highest level in a decade, as Public Health England urges patient to get vaccinated.

The best protection against mumps and its complications is to have 2 doses of the MMR vaccine.

It's never too late to catch up. If you are unsure if you have had 2 doses of the MMR vaccine please ask at reception as they will be able to find out for you.

# National Data Sharing – Opt-out Policy

**The Health & Social Care Information Centre (HSCIC)** are able to collect confidential information from your record (such as your postcode, NHS number, but not your name) and to extract GP data which they will use to help improve patient care and the services provided by the NHS.

We are able to share your consent to your information being shared between the surgery and the HSCIC. Please let us know if you consent to this.

If you do not wish NHS digital to share your information further you need to make them aware of this by visiting the website [www.nhs.uk/your-nhs-data-matters](http://www.nhs.uk/your-nhs-data-matters) or telephoning them on 0300 3035678, you can also use the NHS App.

Under the new Data Protection regulations we are no longer able to do this on your behalf.

Thank you



# KEEP HYDRATED



## What is Dehydration and What Causes it?

- Water makes up over two thirds of the healthy human body. It is essential for lubricating the joints and eyes, aiding digestion, flushing out waste and toxins and keeping skin healthy.
- Dehydration occurs when the normal fluid content of your body is reduced and is generally caused by not drinking enough fluid or by losing fluid and not replacing it.

# KEEP HYDRATED

## Drink Plenty of Fluids

- Adults should drink a minimum of 1.2 to 2.0 litres (six to eight glasses) of fluid every day.
- **Symptoms of Dehydration Include:**
  - Dry mouth or lips
  - Dry skin
  - Thirst
  - Dizziness
  - Tiredness
  - Headache
  - Dark coloured, strong smelling urine
  - Light-headedness
  - Reduced alertness
  - Reduced ability to concentrate

