

The Medical Group Newsletter

VISIT OUR WEBSITE: [HTTPS://WWW.THEMEDICALGROUP.CO.UK](https://www.themedicalgroup.co.uk)

If you have any of these symptoms...

- **high temperature**– this means you feel hot to touch on your chest or back
- **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)
- **loss or change to your sense of smell or taste**– this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

**Self isolate and get advice from the NHS
111 coronavirus online service**

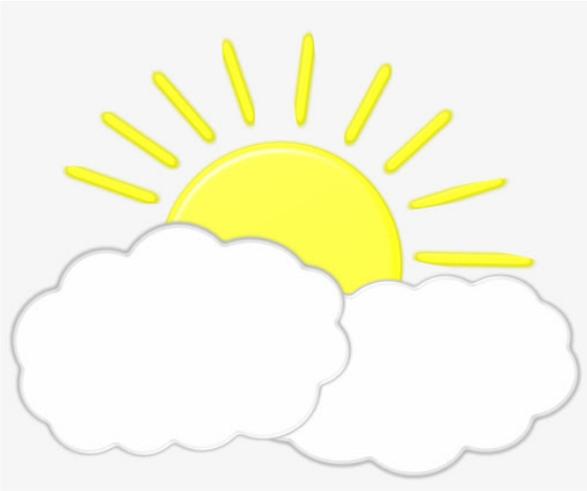
(Find out more at <https://www.nhs.uk>)

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COVID-19 TESTING

Tests are now available for people in the UK who have symptoms of coronavirus. It is called an antigen test. If you have symptoms, ask for a test on the NHS website as soon as possible (it must be within the first 5 days of showing symptoms). The test involves taking a swab of the inside of your nose and throat using a long cotton bud. You may be able to choose between getting a home test kit or driving to a regional test site. See more: <https://www.nhs.uk/coronavirus-covid-19/testing-for-coronavirus>.



How to stay safe in the sun

The weather is getting hotter! This is how you can protect your skin.

Staying safe during sunny weather is important because **sunburn can increase your risk of skin cancer**. While it is important to get enough Vitamin D from the sun, it is also important to protect your skin. Here are some safety tips:

- Take breaks and spend time in the shade when the sun is strongest - between 11am and 3pm.
- Wear at least factor 30 sunscreen. Factor 50 is even better, especially for children.
- Wear suitable clothing to cover up and wear sunglasses and a hat.
- Take extra care with children.

When picking a sunscreen:

- Make sure the SPF is at least 30.
- Make sure there is at least a 4-star UVA rating.

When applying sunscreen:

- Adults should aim to apply approximately 2 teaspoons if applying to head, neck and arms. You should apply 2 tablespoons if covering your whole body.
- Apply 30 minutes before going out as well as just before going out.
- Make sure to reapply after being in water.
- It is suggested to reapply every 2 hours.

- All exposed skin must be covered.

Children under the age of 6 months should be kept out of direct strong sunlight. Children and babies are much more sensitive to the sun and therefore extra care must be taken.

If you do get sunburn, softly sponge the skin with cold water and apply an aftersun cream.

Paracetamol and ibuprofen can help with pain. Seek medical attention if you feel unwell or your skin begins to blister.

More info at:
www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety

OUR APPOINTMENTS

During this coronavirus pandemic we are trying our best to keep all staff and patients as safe as possible. We therefore must carry out an assessment of your clinical needs before you enter the surgery. This is to ensure that:

- Those who need an appointment can receive one and be located in an area where they are less likely to be in contact with patients at higher risk of having symptoms of COVID-19.
- Some clinical problems will be assessed and treated over the phone reducing the need for you to physically visit the surgery.
- Those patients who are suffering symptoms of COVID-19 and are unwell can be assessed in an appropriate location within the surgery by staff wearing the necessary protective equipment.
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PLEASE DO NOT COME TO THE SURGERY.

You can find out more information at our website:

www.themedicalgroup.co.uk. Please do not send a message via the website - if you need to contact the surgery for any clinical or administrative reason, including queries relating to medication, please use e-Consult. This is linked on the website.

e-Consults

This service allows you to consult with a GP by completing a quick online form that is then sent and reviewed by the practice. It can also help direct you to pharmacy advice, self-help or referral services. When you have completed the online form, you can expect a response by the end of the next working day or sooner. This service saves time and means you do not need to attend a face-to-face appointment.