

It is important to remember that similar outbreaks have always come and gone and we have got accustomed to them over the years and they are now part of our every day life.

### [Spread of coronavirus - frequently asked questions.](#)

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.

Similar viruses are spread in cough droplets. It's very unlikely it can be spread through things like packages or food. Avoid wearing facemasks, they only help if you actually have the virus.

### [Do I need to avoid public places?](#)

Most people can continue to go to work, school and other public places. You only need to stay away from public places (self-isolate) if advised to by the 111 online coronavirus service or a medical professional.

### [How to avoid catching or spreading coronavirus](#)

- wash your hands with soap and water often – do this for at least 20 seconds, 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 straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell
- do not touch your eyes, nose or mouth if your hands are not clean

**Do not go to a GP surgery, pharmacy or hospital. Call [111](#) if you need to speak to someone.**

### [How to self-isolate if you're asked to](#)

If there's a chance you could have coronavirus, you may be asked to stay away from other people (self-isolate).

This means you should:

- stay at home
- not go to work, school or public places
- not use public transport or taxis
- ask friends, family members or delivery services to do errands for you
- try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food
- You may need to do this for up to 14 days to help reduce the possible spread of infection.

Read more [coronavirus self-isolation advice](#).

### [Treatment for coronavirus](#)

There is currently no specific treatment for coronavirus. Antibiotics do not help, as they do not work against viruses. Treatment aims to relieve the symptoms while your body fights the illness. You'll need to stay in isolation away from other people until you've recovered.

**SCAM CORONAVIRUS FAKE NEWS IS CIRCULATING THE MEDIA AND PANIC OVER STOCKPILING FOOD. PLEASE WE URGE YOU TO LISTEN TO THE ADVICE GIVEN TO US ALL BY THE PROFESSIONALS. MISINFORMATION ONLY SPARKS UNNECESSARY FEAR IN US AND IN OUR CHILDREN. WE JUST NEED TO BE CAREFUL AND DO THE RIGHT THING. THANK YOU.**

REDWOOD PRACTICE

KINGFISHER PRACTICE

WILLOW PRACTICE

# MASWELL PARK HEALTH CENTRE

DOCTORS SHENTON, SPARROW, PHILIP, HOWES, SHAH, BAUM & ROY

## NEWSLETTER SPRING 2020

### Dear Patients' of Redwood, Kingfisher and Willow Practices

First of all we would like to wish you all a Happy New Year 2020. We appreciate it is a delayed message and it has not been the best start of the New Year., but we stay positive and we meet with this challenge in best hope and heed the advice given to us from the Government.

We would like you all to know that we have all been working hard in maintaining a pragmatic attitude towards this outbreak of Coronavirus (Covid-19).

As you are aware that this is a new strain of virus and globally all Governments are trying very hard to tackle the problem by containing it as best as possible. Scientists around the world are finding new things on this virus and we are confident that there will be an antidote to overcome this virus .

Over the last century there have been few such outbreaks and together we would beat this virus , we know you are all concerned as we are but please **STAY CALM.**

**FOR THE TIME BEING WE ARE SUSPENDING OUR ONLINE APPOINTMENT BOOKINGS , INSTEAD CALL YOUR SURGERY TO SPEAK WITH OUR RECEPTIONISTS WHO WOULD ADVISE YOU. THIS IS TO PREVENT THE VIRUS SPREADING FURTHER.**

On the next pages we have listed the symptoms of this new virus and even if you have any mild symptoms, the advice from the Government is not to visit your GP but instead please log on online to 111. It would be so much easier to log on and seek advice rather than phone NHS 111 as there might be very long wait on the telephones.

We urge all our patients **DO NOT COME TO THE SURGERY PLEASE**, if you do have any concerns you can ask to speak with our Nurses or Doctors on the phone for advice.

We have provided detailed information in this newsletter so please help yourselves and us to contain this virus if you feel you have of the symptoms that are listed , however mild. It is important to wash your hands thoroughly with soap and warm water, use tissues to sneeze and bin the tissue, avoid touching your face.

Below pictures are from a BBC Website. Visit [www.bbc.co.uk](http://www.bbc.co.uk) or [Gov.uk](http://Gov.uk) or [NHS website](http://NHS website)





## CORONAVIRUS

# What you need to know about coronavirus disease 2019 (COVID-19) ?

### What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

How does COVID-19 spread? The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also can spread by touching a surface or object that has the virus on it such as seats on buses or trains or desks in school. Surface transmissions routes such as individuals touching their own mouth, nose, or possibly their eyes after enables the spread of the

### What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of :

- ⇒ High temperature
- ⇒ Cough
- ⇒ Shortness of breath

### What are severe complications of this virus?

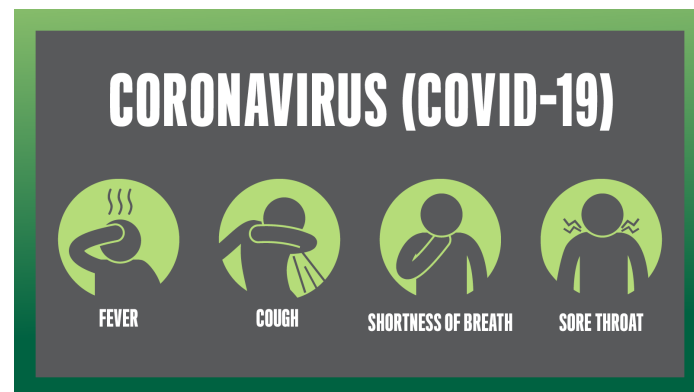
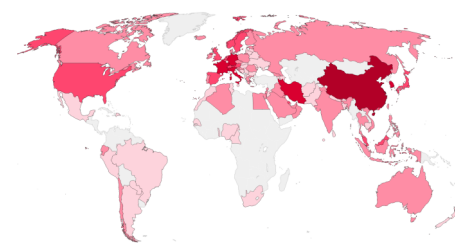
Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

### What should I do if I recently travelled from an area with ongoing spread of the COVID-19?

If you have travelled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. PLEASE DO NOT COME TO THE SURGERY. INSTEAD STAY HOME AND CALL THE NHS SERVICE 111. When you call 111 tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

**If you have travelled to the following countries and are experiencing COVID-19 symptoms please call 111—  
China, South Korea, Japan, Hong Kong, Italy and Iran.**

Electronic peat dispensing.



## CORONAVIRUS

# What you need to know about coronavirus disease 2019 (COVID-19) ?

### How can I protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- ⇒ Avoid close contact with people who are sick.
- ⇒ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ⇒ Wash your hands often with soap and water for at least 20 seconds.
- ⇒ Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- ⇒ Cover your mouth and nose with a tissue when you cough or sneeze then throw the tissue in the bin. Face masks offer some protection BUT do not block smaller aerosol particles.
- ⇒ Seek medical help earlier if you are experiencing symptoms.
- ⇒ If visiting live markets in an affected area avoid direct, unprotected contact with live animals and surfaces in contact with animals.
- ⇒ If you are in an affected area please avoid eating raw or undercooked animal products and exercise

### If you are too sick to prevent spreading of respiratory illnesses you should:

- ⇒ Stay home when you are sick.
- ⇒ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ⇒ Clean and disinfect frequently touched objects and surfaces.



### Is there any vaccine for the COVID-19?

There is currently no vaccine to protect against COVID-19.

The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

### Is there any treatment for the COVID-19?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

### What is the current risk of the COVID-19 in the UK?

“The UK Chief Medical Officers have raised the risk to the public from low to moderate. Health professionals are working to contact anyone who has been in close contact with people who have coronavirus.” -NHS England

It is important that you are kept safe and informed during this period. You can find the latest guidance for keeping yourself safe and well here: [www.gov.uk/government/collections/wuhan-novel-coronavirus](http://www.gov.uk/government/collections/wuhan-novel-coronavirus)

If you wish to additionally find out the number of cases and risk level in the UK, what to do if you're a returning traveller, and what the government is doing about the virus information can also be found here: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

