

## October Article

### Seasonal Flu

We have now received our flu vaccinations for those over 65 and under 65 who are in a clinical at risk group. Further advice to follow on those aged 50-64 not at risk.

If you have not already done so and would like to be vaccinated, please book an appointment using patient online or ring 01530 414131.

### Stay Well This Winter

As we head into winter and the colder weather, it's important that we all take steps to keep well. If you meet the criteria arrange to have your flu jab. Keep your home warm, keep windows/doors closed, have regular hot drinks, have at least one hot meal per day and get your heating regularly checked to ensure it's in good working order.

If you develop a new onset cough, high temperature or loss of smell/taste check your symptoms using the 111 online symptom checker <https://111.nhs.uk/covid-19/> or alternatively ring 111. Please don't attend the surgery, local hospital or pharmacy.

Don't forget that the pharmacies can offer advice for minor ailments/illnesses.

For further information and to see if you can claim financial support with your heating refer to <https://www.nhs.uk/live-well/healthy-body/keep-warm-keep-well/>

### Accessing the Practice

As a practice we are continuing to consult differently to help reduce the spread of coronavirus. For those patients needing medical advice we are telephone triaging in the first instance. If the clinician feels you need to be seen they will arrange for a face to face appointment for you.

You can also contact us using online consultations <https://wsp.psf-live.co.uk/7371/#/portal>.