

## **COVID-19 Coronavirus pandemic.**

As a country we are entering unprecedented times with the spread of Covid-19 (Coronavirus). The unknown is frightening, but our best approach is to work together.

If you have queries, reliable resources are the;

NHS website (<https://www.nhs.uk/conditions/coronavirus-covid-19/>)

gov.uk website (<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>)

NHS 111 (<https://111.nhs.uk/>)

Please use these resources and NHS Choices before calling the surgery.

Working in conjunction with our neighbouring Practices in Weymouth & Portland Primary Care Network, our priority is to offer safe, effective care to our Patients with all medical problems, new and on-going. To protect our resources and be there for you over the coming months, practices are starting **remote assessments**. These may be by telephone, video consultation or online consultation (e-consult). Our Practitioners already use these methods safely and effectively. If you need to be examined this will be arranged.

Some preventative care may be suspended if safe to do so. Blood tests affecting your immediate care, e.g. warfarin dosage, will be continued. Our experienced team will make those decisions.

Childhood immunisations will continue. Protection against other diseases is more important than ever. Whooping cough, measles & rubella are more dangerous to children than Covid-19.

### **How can you help?**

If you think you have Covid-19 follow the advice on the links above. General Practice does not have testing equipment and there are no preventative medicines. If you become unwell enough to require hospital admission this will be via NHS 111. Remember 90-95% of us will be fine and will require simple self-management and 7 days of self-isolation.

Self manage other ailments where possible. Ensure you have stocks of homely remedies.

If you require medical assistance for a new or on-going problem, speak to our Receptionists. You may receive help from someone outside of your normal team, but they will have access to your GP record.

Do NOT present yourself to the Surgery.

Reduce your social interaction, following current government guidelines. Stay informed.

Don't stockpile (and put others at risk) but order your medicines in good time.

Help others. Check on an elderly neighbour or relative.

We are proud every day of our skilled, dedicated team. Help them to help you in the coming difficult months.

Thank you

The Partners

The Bridges Medical Practice