



Salisbury Medical Centre Newsletter

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Volume 2

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**PLEASE SWITCH OFF
YOUR MOBILE PHONE
WHILE IN THE SURGERY**

Welcome to Our Practice Newsletter!

We are delighted to bring you our second practice newsletter which we hope you will enjoy reading. The purpose of the newsletter is to keep you informed about what is happening at Salisbury Medical Centre and bring key information to your attention.

We will endeavour to update the newsletter each month.

Corona Virus Update

Firstly, thank you to all our patients for your understanding during this time.

We appreciate that things have changed for everyone and both staff and patients at the Practice have had to adapt to the ongoing circumstances.

Below are some changes we have put in place to help ensure our staff stay fit and well so the Practice does not have to close.

- The Practice has taken the decision, along with most Practices in Northern Ireland, to close its doors to the public.
- The Practice are still operating a triage service each morning so you can still get advice and help from a GP or Nurse Practitioner if you need it.
- All scripts are now to be collected by a pharmacy to avoid unnecessary footfall in the Practice. Please ensure you provide the name of a local chemist when ordering. Our website has a list of available options.
- The Health and Social Care Board (HSCB) are very clear that Practices should continue to prescribe medication as normal to avoid shortages.
- If you need to give a letter or form to the Practice, this can be emailed in at gp.z00086@gp.hscni.net
- Patients who have been identified as at risk of severe illness if they catch Corona virus, have been sent a letter by the Practice. Please read this letter thoroughly and follow all the advice.
- The HSCB has temporarily frozen the free movement of patients between Practices. This means that any patient who is currently registered with a GP practice in their area should remain registered with their current practice and should not move to another practice within the same catchment area.

However, any patient new to the area, or without a current GP practice, can continue to be registered.

Next Dates of Closure:

Thursday 23 April at 12PM

Friday 8 May

Friday 22 May at 12PM

Monday 25 May

Wednesday 17 June at
12PM

Here are some important things to remember:

Wash your Hands

Remember to wash your hands frequently and regularly.

Social Distancing

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for very limited purposes:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- any medical need, including to donate blood, avoid or escape risk of injury or harm, or to provide care or to help a vulnerable person
- travelling for work purposes, but only where you cannot work from home

Important - These reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

There is separate advice about staying at home if:

- you're at high risk of getting seriously ill from coronavirus
 - You will have been sent a letter by the Practice
- you or someone you live with has symptoms of coronavirus
 - [Household Isolation](#)

What are the Symptoms of Corona Virus and What Should you do?

Do not leave your home if you have either:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a 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)

To protect others, **do not** go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the 111 online coronavirus service to find out what to do. Only call 111 if you cannot get help online.

Important - Call 111 for advice if you're worried about a baby or child.

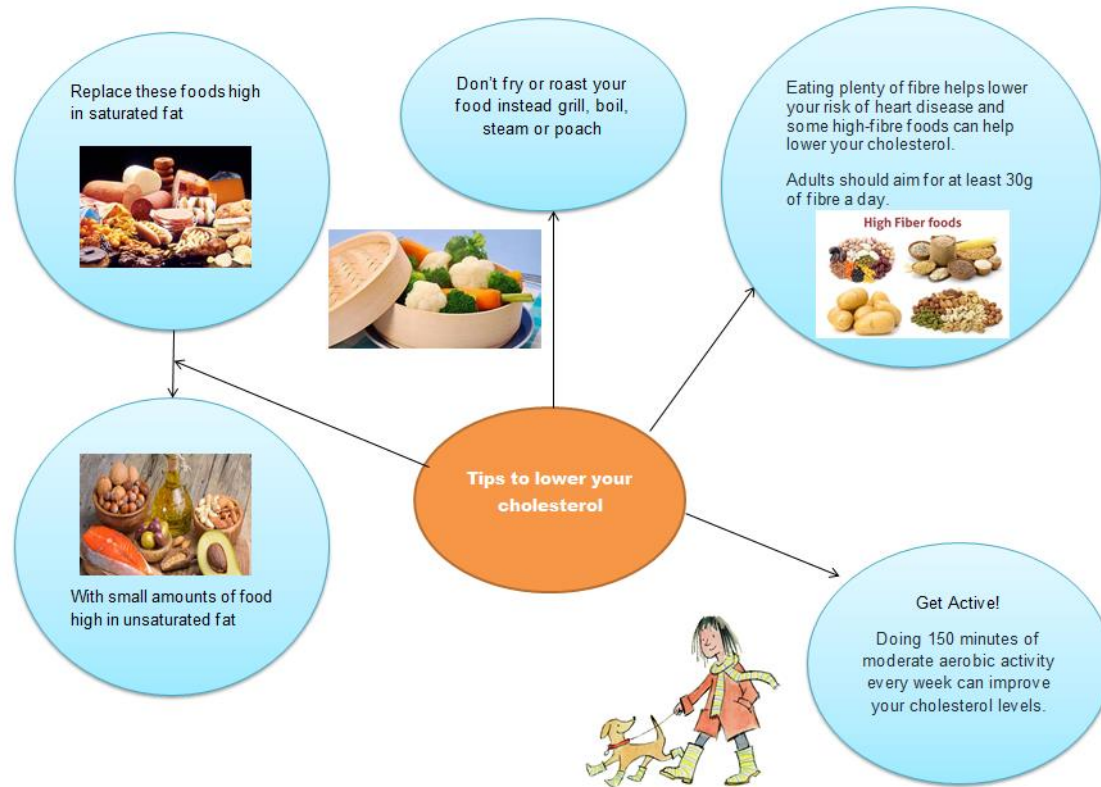
If they seem very unwell, are getting worse or you think there's something seriously wrong, call 999. Do not delay getting help if you're worried. Trust your instincts.

Thank you again for your understanding and please stay safe.

Lowering Your Cholesterol through Lifestyle

Some people require medication to lower their cholesterol but no medication is a substitute for lowering your cholesterol by eating a healthy, balanced diet and being active.

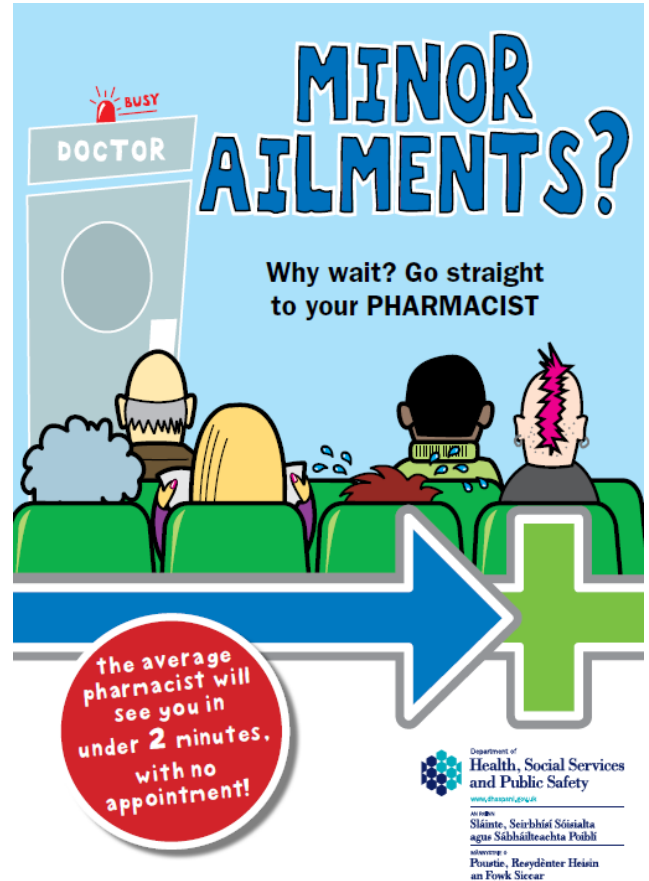
Here are some ideas to incorporate into your lifestyle:



Minor Ailments Scheme

Do you have a Minor Ailment?

- Acne Vulgaris
- Athlete's Foot
- Acute Diarrhoea
- Ear Wax
- Groin Area Infection
- Haemorrhoids
- Head Lice
- Mouth Ulcers
- Scabies
- Threadworms
- Oral Thrush
- Vaginal Thrush
- Verrucae



Do you need to see a doctor?

No because you can get advice or advice and appropriate treatment from your community pharmacist.

Why go to your pharmacist first?

Pharmacists can offer advice and treatment for a wide range of minor ailments. Treatments provided as part of the minor ailment service are free of charge. You will receive quick, expert advice without the need to see your GP. GPs will be able to spend more time focusing on patients with more complex medical needs.

Can you go to any Pharmacy?

Pharmacies offering the Minor Ailments Service will display an arrow and cross sign like the one above.

What will the Pharmacist ask?

The pharmacist will ask about your symptoms, your medical history and other medicine that you take.

This will help them make an appropriate recommendation for treatment. In some cases the Pharmacist may need to refer you to another Healthcare professional such as your GP.

What should you do if your symptoms persist?

Seek further advice from the pharmacist or your GP.

