

Newsletter

April 2020



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Bilboroughmedicalcentre.co.uk



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HM Government

NHS

Wash your hands more often.

Use soap and water
for **20 seconds**.

Or use hand sanitiser.

Coronavirus

Coronavirus, also known as 'Covid-19', is a new illness that can affect your lungs and airways.

Do not leave your home if you have either:

- A new, continuous cough

OR

- a high temperature (37.8 degrees or higher).

Do not go to a GP surgery, pharmacy or hospital. You do not need to contact **111** to tell them you are staying at home.

111 Coronavirus service

Use the online **111** Coronavirus service if:

- You feel you cannot cope with your symptoms at home,
- Your condition gets worse,
- Your symptoms do not get better after 7 days.

Prescriptions

We are now taking prescription queries over the phone, via both option 1 and 2. Our phone lines will therefore be busier, so please be patient when ringing the practice.

Please note that pharmacy times may have changed, so it is best to double check the opening hours before you go to collect any medication.

Easter Opening Times

The practice will be open on Good Friday (10th April) and Easter Monday (13th April) from 8am -6pm.

**TEMPORARY
BRANCH CLOSURE**

FROM 18TH MARCH 2020

Temporary Closure

Our Assarts Farm site has a temporary closure from 18/3/2020. This will enable us to concentrate all our clinical staff on one site and provide consistent access to care for all our patients. Care for all registered patients can be accessed at Bilborough Medical Centre.

Stay at home Government Guidance

Do

- Wash your hands with soap and water often – do this for at least 20 seconds.
- Only go outside for food, health reasons or work (key worker).
- Work from home, if you can.
- If you go out, stay 2 meters (6ft) away from other people at all times.
- Always wash your hands when you get home or into work.
- 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 immediately and wash your hands afterwards.
- Use phone, [online services](#), or apps to contact your GP surgery or other NHS services.

Visit: www.nhs.uk/conditions/coronavirus-covid-19/ and www.gov.uk/coronavirus for more information.

Don't

- Don't touch your eyes, nose or mouth if your hands are not clean.
- Don't have visitors to your home, including friends and family.
- Don't go out to meet up with anyone.

Things to do whilst staying at home

- ▶ Read a book,
- ▶ Do some gardening,
- ▶ Do home workouts,
- ▶ Start a blog,
- ▶ Bake/cook,
- ▶ Play board games,
- ▶ Watch TV/movies,
- ▶ Clean/reorganise,
- ▶ Listen to Podcasts,
- ▶ Complete a jigsaw puzzle

Bilborough Medical Centre

Opening Hours: Mon to Fri 8.00am – 6.30pm

Assarts Farm Medical Centre

Opening Hours: Mon, Tues, Wed & Fri 8.00am – 6.30pm

Thurs 08:00am – 12:30pm

Appointments are offered with GPs, Clinical Pharmacists, Practice Nurses & HCAs.

All patients can access evening & weekend appointments at GP+ in Nottingham city centre.

For medical advice outside of these times please call 111.