

THE WILSON PRACTICE

Spring-time greetings and reminders about:

- **accessing GP services**
- **poorly children**
- **how to keep everyone safe**

The partners and staff at The Wilson Practice send best wishes to everyone for this very different Easter. Once again we would like to extend our thanks for all the kind wishes and gifts that have been passed to us. We would also like to recognise all of the volunteers who are supporting our community.

We are grateful to our patients for embracing the new working arrangements we have established with our A31 Group colleagues so readily. If you are unaware of these arrangements, please refer to our website or our Facebook post of 27 March. With patients and practices all recognising the importance of having a solid plan in place before the worst of the COVID-19 impact hits the Alton area, the transition to the new system has gone more smoothly than we could have imagined.

Importantly, we would like to stress the following points:

1. **Good Friday and Easter Monday are normal working days:** the A31 Group of Practices will have a full team working as normal on those days.
2. We are still here to look after you with **non-Coronavirus related problems** too. You must contact us if you have a health issue you are concerned about. Remember that we prefer you to contact us **via e-Consult** (link on the home page of our website) if you have internet access; please only contact us by telephone if this is not possible.
3. Please be watchful over the **younger members of your family**. **DON'T ASSUME** that any **FEVER** or **ILLNESS** is due to Coronavirus. It is unusual for younger children to have many, if any, symptoms related to COVID-19.

Remember, all the 'normal' illnesses that can make children severely unwell are still around and there is a major risk that parents may delay bringing their child to the attention of a healthcare professional if they are unwell at the present time, because of concerns about COVID-19. **GPs and hospitals are still providing the same safe care for children that they have always done.**

If you are not sure about your child's symptoms and whether they need to be seen, click [here](https://www.what0-18.nhs.uk/national/) (<https://www.what0-18.nhs.uk/national/>), contact the practice or out of hours call NHS111.

For information about crying babies, click [here](http://iconcope.org/parentsadvice/) (<http://iconcope.org/parentsadvice/>).

If your child appears severely unwell and advice is not quickly available, call 999 or take them to A&E as you would in other times.

4. We appreciate that the better weather makes it more tempting to go out, but the most effective way to stay healthy, to help others stay safe and to beat the Coronavirus pandemic is to adhere to the Government's 'lockdown' guidance:

STAY AT HOME

- **Only go outside for food, health reasons or work (if you cannot work from home)**
- **If you go out, stay 2 metres (6ft or 3 paces) away from other people at all times**
- **Wash your hands as soon as you get home**
- **Do not meet others, even friends or family**

You can spread the virus even if you don't have symptoms