

THE WILSON PRACTICE

Patient update 17 April 2020

Everyone at the practice hopes our patients are keeping well. Although there are tentative good news stories about the positive effects of the lockdown arrangements to date, **we urge you all to keep following the guidelines**. Coronavirus is definitely circulating in our community and, sadly, we are aware of a number of local families that have lost loved-ones due to COVID-19. Our thoughts are with them.

On a more positive note, we are grateful to everyone who has sent good wishes, biscuits and more, to keep us going here at the practice. We are particularly grateful this week to **Blend-It**, in Westbrook Walk, for amazing healthy Buddha bowls for staff lunches, to **Eggar's School** and the enterprising **Xander Saban-Smith** for making us much needed supplies of visors for our clinical staff and to a group of **seamstresses in Holybourne** whose generosity and fabric flair with scrubs is also much appreciated.

We are entering the fourth week of our A31 working arrangements. The system is working well but it is important that non-Coronavirus health matters are not overlooked.

A few reminders for the week:

1. We are still here to look after you with **non-Coronavirus related problems**. 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.
2. If you are concerned that staying at home/indoors for another three weeks might start to impact on **your mental wellbeing**, there is useful advice from the Every Mind Matters team at the link below. Please remember however, if you have worrying symptoms or an exacerbation of previous concerns, you should contact the practice or your usual support team (or NHS111 if out of hours).

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

3. Please continue to be watchful over the **younger members of your family**; it is unusual for younger children to have many, if any, symptoms related to COVID-19. If you are not sure about your child's symptoms and whether they need to be seen, click <https://www.what0-18.nhs.uk/national/>), contact the practice or, out of hours, call NHS111.

And for information about crying babies, click <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. If you have been advised to shield or self-isolate and you need **help with getting medicines or essential supplies, or if you live alone and are missing human contact and a bit of a chat**, the wonderful local volunteer networks can help with all those things. Please contact:
 - Alton Covid Mutual Aid Group (**0800 066 3697**); altonmutualaid@protonmail.com
 - Binsted, Bentley and Froyle Care Group (**01420 23440**) or
 - Help for Hampshire (**0333 370 4000**)

AND...

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