

THE WILSON PRACTICE

Patient update 24 April 2020

We hope these updates are a useful way of keeping patients informed in these challenging times. Until we hear differently from the Government scientists, the risks and much of the advice remains the same, so **please keep following the guidelines** and remember the key points below.

This week we have received a lot of useful information for patients who are locked-down, shielded or otherwise feeling the impact of Coronavirus. We outline them below and have pulled the detail together on the practice website: www.wilsonpractice.co.uk.

South Central Ambulance Service (SCAS) also contacted us with an interesting proposition. Their mental health lead is preparing a short video on **how to support mental health at home**. In order to help him cover as many aspects of this important subject as possible, SCAS is inviting people to send questions to be included. If you have a question please email getinvolved@scas.nhs.uk – **by Wednesday 29April**. You can remain anonymous.

We hope you won't need us, but in case you do - the **early May Bank Holiday** (VE Day 75th anniversary Friday 8 May) is a **normal working day** for the practice and the NHS as a whole.

Reminders for the week:

1. Contact us if you have a health issue you are concerned about, **via e-Consult** if you have internet access (link on our [website](#)); please only contact us by phone if this is not possible.
2. 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. **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.**
3. Be aware, and **take care**, of your own **mental and physical health**. That way you will be in better shape to support others if you need to and to get back to normal when lock-down lifts.

The list of useful information on our website includes:

- a summary of the advice available from **Citizen's Advice East Hampshire**, including an **on-line chat support service** and a Universal Credit '**Help to Claim**' service for new claimants
- practical tips for eating and drinking well whilst self-isolating for those in later life
- additional details about:
 - children's health
 - your mental wellbeing
- local volunteer groups

Thank You for this week include The Royal Kebab House and Murat's Kebabs for our wonderful staff lunches on Monday, amazing colourful and creative cup cakes from Forever Cake Creations, another generous delivery of snacks and tasty treats from the Upton Grey community and more scrubs from the Alton and District 'Scrub Hub'.

... AND REMEMBER ...

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