



Marsh Medical Practice

Summer 2020 Patient Newsletter

We are here for you

Thank you to all of our amazing patients who have been so supportive to the Practice during this unprecedented time.

We have remained open throughout the pandemic and although care looks a little different, we are still here for you. Telephone consultations remain preferential where possible but if you do need to see one of our team we are pleased to see you – although you may not see much of us as we are wearing masks and hats!

Please make sure you contact us if you have any health concerns and ensure you ‘attend’ all of your routine reviews.

Long Term Health Conditions

If you have a long term condition which we usually monitor, please ensure you continue with your reviews. Your appointment may be over the phone but if we feel that a face to face appointment is required, please attend and be reassured that additional infection prevention measures are in place for your safety. Covid-19 has not gone away so you need to remain as fit and healthy as you can.

Immunisations

All regular immunisations (child and adult) are still being provided so please attend for your appointment. It has been widely recognised that immunisation levels have reduced nationally which could mean that other diseases and illnesses may well make a resurgence. Make sure you and your family are protected.

Screening programmes

Please be confident that if you receive an invite for routine screening (such as cervical, breast or bowel) that it is safe and strongly recommended you attend.

Hay Fever and Respiratory Conditions

Including asthma, COPD and bronchiectasis.

It is that time of year again when allergies and respiratory conditions can cause problems.

It is always essential that these conditions are well managed but especially at this time of Covid-19, managing your respiratory health is vital.



In general:

- Try to avoid potential triggers e.g. allergens, excessive exercise, heat
- Monitor the pollen forecasts. Stay indoors as much as possible and plan outdoor activities accordingly
- Don't let pets get too close to your face and wash your hands after handling animals
- Wear wraparound sunglasses when outdoors and goggles when swimming
- Avoid drying clothes outside when the pollen count is high
- Shower and wash your hair as soon as you get home and change your clothing

Treatments to relieve some symptoms include:

- Antihistamines
- Nasal sprays

For more information talk to a pharmacist, your healthcare team or visit www.allergyuk.org/information-and-advice



The Government said...

Stay alert, control the virus, save lives



We ask that...

You follow current guidelines to protect our community