

## Coronavirus Newsletter Autumn 2020

Contents	Page	
Introduction	1	
Covid 19 Symptoms; All	1	smell or taste anything, or things smell or taste different to normal.
What to do if you have symptoms; Children	1	Most people with coronavirus have at least 1 of these symptoms.
What is a support bubble	1	
What to do if you have symptoms; Babies & Children under 5	1	
When to get a Test	1	
How to get a test	2	
NHS Test & Trace	2	
Changes to Practice Procedures	2	
How to Reduce the Risk of Infection	2	
Mental Health; Children & Young People	2	

### What To Do If You Have Symptoms: Children Over 5 and Adults

- Get a test to check if you have coronavirus as soon as possible.
- Stay at home and do not have visitors until you get your test result – only leave your home to have a test.
- Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.
- Do not come to the surgery if you have any coronavirus symptoms yourself or you have been in contact with anyone who has within the last 14 days.

### What is a Support Bubble?

A support bubble is where someone who lives alone (or just with their children) can meet people from 1 other household.

### What To Do If You Have Symptoms: Babies and Children Under 5

- Call 111 if you're worried about a baby or child under 5.
- If your child seems very unwell, is getting worse or you think there's something seriously wrong, call 999.
- Do not delay getting help if you're worried.
- Trust your instincts.

### When To Get a Test

If you have symptoms, get a test as soon as possible. You need to get the test done in the first 8 days of having symptoms.

Book a visit to a test site to have the test today. Or order a home test kit if you cannot get to a test site.

On days 1 to 7 of your symptoms, you can get tested at a site or at home. If you're ordering a home test kit on day 7, do it by 3pm.

On day 8, you need to go to a test site. It's too late to order a home test kit.

You must stay at home (self-isolate) if you have symptoms, whether or not you get a test. Find out how long to self-isolate.

### Introduction

This newsletter is particularly for patients of the Chertsey Health Centre and describes the changes that have been made to the practice procedures and why. After reading please pass it on to neighbours, particularly those not connected to the internet as at the moment communication is difficult and the knowledge of how to obtain medical services essential.

It contains a brief background to the coronavirus pandemic affecting the world at present, and in particular our Chertsey Health Centre. The virus originated in China and rapidly spread across the world reaching the UK. The pathogen got its name due to the spiky crown (or "corona" in Latin) that you can see on its surface when you take a look at it underneath a microscope. It is also called Covid-19 from CO for corona, VI is for virus, D is for disease, and 19 for the year it was found. Coronavirus refers to the virus itself, while COVID-19 refers to the disease that it causes in humans.

### COVID-19 Symptoms Adults, Children and Babies

The main symptoms of coronavirus are:-

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot

## How to Get a Test

Log in to :-

<https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name> and follow the guidance.

### Important

This service is currently very busy. If you cannot get a test now, or the location or time are not convenient, try again in a few hours.

### Get Help Applying

If you have problems using the online service or are not on the internet call:

- 119
- Lines are open 7am to 11pm.

### Information

If no tests are available online, do not call the helpline as no extra tests are available through the helpline.

### What the Test Involves

This test involves taking a swab of the inside of your nose and the back of your throat, using a long cotton bud. It checks if you have the virus now.

You can do the swab yourself (if you are aged 12 or over) or someone can do it for you. Parents or guardians have to swab test children aged 11 or under.

### Getting a Test for Someone Else

If other people you live with have symptoms, you can order tests for up to 3 of them.

If you're applying for a test for someone else, and the person is aged 13 or over, check they're happy for you to get a test for them.

### Urgent Advice

- Use the NHS 111 online coronavirus service if you're worried about your symptoms and not sure what to do
- Call 111 if you cannot get help online. DO NOT go to places like a GP surgery, hospital or pharmacy

### NHS Test and Trace

The NHS has developed an app that will help you to understand and manage your personal risk and reduce the spread of Coronavirus. The more people who use it, the more effective it will be. The App can be downloaded from Google Play or the Apple App Store. For more information log on to:-<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

### Changes to Practice Procedures

CHC procedures have changed due to the effects of the coronavirus caused by staff shortages because of sickness and the need to meet infection control safety measures and include:-

- Reduced availability to actually come into the practice although opening hours remain at 8am to 6.30pm.
- Telephone triage with a GP to reduce footfall due to social distancing.
- Triage may be obtained by using the form on the website at <https://www.chertseyhealthcentre.nhs.uk/>

## [navigator/get-help-for-any-health-problem/](#)

- If you don't have internet access you can obtain triage by phoning the surgery on 01932 561199 and speaking to a Receptionist who will fill in the form for you.
- Paramedic visiting system introduced, Available through a GP.
- Nursing appointments reduced due to extra time needed for sanitizing.
- Micro-suction earwax removal ceased due to social distancing but your GP can make a referral.

### How to Reduce the Risk of Infection

The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet). This is via respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby and possibly be inhaled into the lungs. To reduce the risk of this happening:-

- Wear a mask when required
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Put used tissues in the waste bin.

### Mental Health Children and Young People

Public Health England has launched a new NHS approved campaign directly targeting young people aged 13-18 and parents/carers of children and young people from 5-18, with additional engagement provided via school resources.

The campaign aims to:

- Equip parents/carers and young people to take action to protect and improve children and young people's mental wellbeing.
- Build mental resilience to navigate the Covid-19 outbreak and evolving mental health challenges.
- Provide support for those children at greater risk of worsening mental health.

For more information log in and then search:-

<https://www.gov.uk/government/organisations/public-health-england>

All information correct at time of publication 22/Oct/2020