

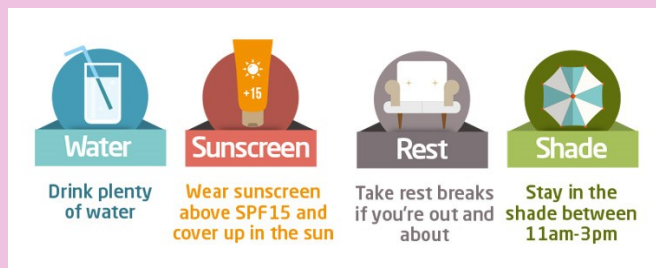
Tinkers Lane News.

GP health warning: Hot weather

It is hot within the UK right now. If you do have to go out into the sun, please wear appropriate sunscreen (SPF of 15 or higher everyday), and a bottles of water to stop dehydration.

Early warning signs of heatstroke/ heat exhaustion:

- A headache, dizziness and confusion
- Loss of appetite and feeling sick
- Excessive sweating and pale clammy skin
- Cramps in the arms, legs or stomach
- High temperature of 38c or above
- Being very thirsty



Things you can do to cool down yourself or someone:

- Move them to a cool place, or shaded area
- Get them to lie down and raise their feet slightly
- Get them to drink plenty of water, sports or rehydration drinks are OK
- Cool their skin—spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good too.

They should start to feel better and cool down after 30 minutes. Call 999 if you or someone else have any signs of heatstroke:

- Feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water.
- Not sweating even while feeling too hot
- A high temperature of 40c or above
- Fast breathing or shortness of breath
- Feeling confused
- A fit (seizure)
- Loss of consciousness/Not responsive. Put the person in the recovery position if they lose consciousness while you're waiting for help.

THE CONTINUED WEARING OF MASKS IN GENERAL PRACTICE

Notwithstanding the changes to Covid restrictions announced by the Govt this week, the mandatory wearing of masks will continue whilst attending the Surgery:

- ◆ To be authorised entry to the Surgery all patients are required to wear a surgical mask/face covering.
- ◆ If patients are exempt from wearing a facemask/covering, we will provide you with a face shield/visor to wear whilst in the Surgery.
- ◆ If a patient refuses to wear any facemask/covering or face shield/visor, regrettably entry to the Surgery will be prohibited and the appointment will have to be cancelled and rearranged for a telephone appointment. Any appointments that require face to face contact (like nurses' appointments) cannot take place unless the patient wears a facemask/covering or face shield/visor.

This policy remains in place to continue to protect our clinically vulnerable patients and staff. Please help us by cooperating and being kind during this extremely busy and stressful time.

At the time of booking the appointment reception will ask you to do an **Lateral Flow Test [within 24 hours before your appointment]** as we have vulnerable patients and staff within the surgery. You can get an LFT by use this link to order one to your home: [Order coronavirus \(COVID-19\) rapid lateral flow tests - GOV.UK \(www.gov.uk\)](#)



Surgery Announcement:

All Ukrainian refugees are welcome to register as patients at Tinkers Lane Surgery. Ideally, please bring passport and visa when registering as it makes the process easier. However, nobody will be refused registration in the absence of those documents.

If you have any queries on this subject, please contact us via reception on **01793 852131** or by email on: tinkers.lanesurgery@nhs.net

POD and Online Prescriptions: You can either call the POD or email using, to request your medication:

- ◆ 0300 30 35 090
- ◆ bswccg.podemergency@nhs.net
- ◆ <https://www.bswccg.nhs.uk/your-health/hospital-care/prescription-ordering-direct-pod>
- ◆ Order online by completing our online registration form in reception

Urine and Other samples: Samples MUST be requested by a clinician.

If you have a suspected urine infection, you'll need a triage telephone consult before providing a sample. All samples need to be placed in our **Green** letterbox [by our staff entrance] before 1pm every weekday. Samples handed over that haven't been requested or give past our cut off period will be discarded.

It's Hayfever season!

If you suffer from Hayfever symptoms you might like to know that Fexofenadine 120mg can now be bought over the counter, to relieve Hayfever symptoms.

If however you are on Fexofenadine all year round due to Asthma or on your consultants request—due to allergies, we will still prescribe this to you.

Fexofenadine is used to treat:

- Hayfever
- Conjunctivitis (red, itchy eye)
- Eczema
- Hives
- Reactions to Insect bites and stings
- And some food allergies.

Fexofenadine is not suitable for some people. To make sure it's safe for you, tell your doctor or pharmacist before taking fexofenadine.

To book your COVID Spring booster, please call 119. We aren't doing these here.

It's travel season! Need to know if you need any vaccines, we've got you!

We are happy to announce we can offer patients travel advice and vaccines with the nurse. We have updated our travel risk assessment form and our advice leaflet, to match the current travel guidelines.

The Nurse requires you to complete the risk assessment form 6-8 weeks before travel and book an appointment in with her. We need these form back before your appointment with them, on the day is too late, as they will need to review your record ahead of your appointment.

How to find these forms?

They are on our website for you to download and in our reception area for collection too.

Do I need malaria tablets where I am going?

The nurse can answer this question, once you have completed the travel risk form.

Are Malaria tablets free?

Malaria tablets are not free and there are 5 types depending on where you are going and what medical conditions you have. You can purchase these over the counter at a chemist, however if you have complex underlying medical conditions the chemist may require a private prescription. Only some chemists will supply Malaria tablets for children, so please research ahead of your travel.

I am travelling in under 3 weeks, what do I do?

The nurse has requested that you still complete a travel form and collect an advice leaflet, which has a list of private providers for vaccines. If you hand the form in to us within this timescale the nurse will still review your records and let you know if you require any vaccines, however you wont be seen by them unless she receives a cancellation in her travel clinic.

WE ARE ONLY OFFERING NHS VACCINES. FOR PRIVATE VACCINES YOU'LL NEED TO GO TO A CLINIC LISTED IN THE TRAVEL ADVICE LEAFLET.



Patient Participation Group: If any patients are interested in joining, please inform reception or email tinkers.lanesurgery@nhs.net