

MARCH 2020

www.rainfordhealthcentre.co.uk

March 2020
The Health Centre
Higher Lane
Rainford

Tel: 01744 882855
or
01744 457361

DRS LOWCOCK & VELTKAMP



During the Easter period 10th April to 13th April the surgery will be closed. However our Out of Hours service provider will be providing the usual cover. In an emergency please ring 01744 882855 and you will be put straight through to Rota.

CORONAVIRUS

Due to the recent outbreak of the Coronavirus, please follow the Government guidance on www.gov.uk and do not attend the GP surgery if you are presenting with a flu like illness / fever / shortness of breath / cough and have recently returned from China, Hong Kong, Japan, Macau, Malaysia, South Korea, Singapore, Taiwan, Thailand, Cambodia, Laos, Myanmar, Vietnam, Northern Italy or any other country listed on the NHS.uk website OR have been in contact with anyone with a confirmed case of Coronavirus in the 14 days before onset of your illness.

Please ring 111 or contact NHS111 on line. You must also stay indoors and avoid close contact with other people.

For all other medical issues please contact the surgery on 01744 882855 and a telephone consultation will be arranged with one of our clinicians.

SOCIAL DISTANCING

The Government advises that social distancing measures should be taken by everyone to reduce social interaction between people in order to reduce the transmission of coronavirus. What you should be doing:-

- Avoid contact with someone who is displaying symptoms of coronavirus.
- Avoid non essential use of public transport
- Work from home if possible
- Avoid large gatherings
- Avoid gatherings with friends and family.
- Use telephone or online services to contact your GP or other essential services.
- Please visit www.gov.uk for further details.

Sick notes for self-isolation

In light of the current Coronavirus situation, it is inevitable that people may need to self-isolate at home, even when they have no symptoms of illness. Unfortunately your GP will **not** be able to issue a sick note for this.

If you are considering requesting a sick note from your GP in relation to being off work, the Government's rules are that a sick note can only be issued when an individual has had more than 7 continuous days off sick due to an illness (including weekends). For periods of illness less than 7 days you can complete a self-certification and give this to your employer.

If you have been told to self-isolate for 7 days or more, either by official advice, NHS111 or a health professional, you will be able to get an isolation note via 111 on-line (www.111.nhs.uk/isolation-note). This would be available to those with Coronavirus symptoms and also those living with someone who has symptoms.

Please note that you can only get an isolation note if you have been told to stay at home by official advice, NHS 111 or a healthcare professional.