

## Keep Warm, Keep Well

### Top Tips for keeping warm and well for the over 60s

- **Keep Warm-heat your home to at least 18 degrees. Keep your bedroom window closed on a winter's night. Breathing in cold air can increase the risk of chest infections.**
- **Look after yourself-layer your clothing whether you are indoors or outside. Wrap a scarf around your mouth to protect your lungs from the cold air. Wear shoes with a good grip if you need to go outside.**
- **Check on others-check on older neighbours or relatives to make sure they are safe and well. Make sure they're warm enough, especially at night, and have stocks of food and medicines. If you are worried about an older person contact a family member, the local council or call Age UK on 0800 00 99 66**
- **Eat well-eating regular meals will help keep your energy levels up during winter. Hot meals and drinks help keep you warm, so eat at least one hot meal a day and have plenty of hot drinks.**
- **Stay Active-if possible, try to move around at least once an hour. Keeping active generates heat and helps keep you warm.**

## Do you need any travel Vaccinations?

Travel abroad for a variety of purposes, including holidays, business and visits to friends and relatives, increases all the time. The aim of this protocol is to ensure patients are given the correct advice and vaccinations in a timely manner before travelling abroad.

### Pre Vaccination

- The patient needs to complete a Travel Health Questionnaire which is in the appendix of the travel leaflet. These are obtained from reception and the patient must complete a separate form for each person travelling in the party and return it to reception within **six** weeks of travelling.
- If a patient approaches the practice for last minute advice or vaccinations they may be referred to private travel clinics.
- Receive a Travel Information Leaflet from reception
- Reception will pass the questionnaire to the Practice Nurses who specialise in travel health for assessment by putting it into their post tray,
- Practice Nurse will assess the form, consult the National Travel Health Network and Centre website (NaTHNac) to ascertain what/if any vaccinations are advisable, then will contact the patient to book an appointment and also inform the patient of any payment that is required. Payment must be made before the patient has their appointment, either by credit/debit card or cash. Some vaccines, the less common ones such as Japanese Encephalitis, are not ordered until the patient has paid for them.

### Nurse Appointment

The Practice Nurse will do a risk assessment with the patient which will include asking:

- Which countries are to be visited
- Their itinerary in the countries-coastal, rural, cities
- Reason for travel
- Method of travel-backpacking, camping, hotel
- Advice on what vaccinations are needed and that it is the patients choice if they have them
- Ascertain if there are any adverse reactions to any vaccines
- Ascertain if there are any allergies
- Ensure the patient signs the consent form
- List on the form the vaccines that are given
- Ensure, before administering the vaccine that it has been paid for, if necessary.

Reception: 444666  
Prescriptions: 446006  
[www.eastquaymedicalcentre.com](http://www.eastquaymedicalcentre.com)

Onsite Opticians : 440440 Onsite Pharmacy: 423015 Onsite Dentist: 411141

## Stop norovirus spreading this winter

Norovirus, sometimes known as the 'winter vomiting bug', is the most common stomach bug in the UK, affecting people of all ages. It is highly contagious and is transmitted by contact with contaminated surfaces, an infected person, or consumption of contaminated food or water. The symptoms of norovirus are very distinctive – people often report a sudden onset of nausea followed by projectile vomiting and watery diarrhoea.

Good hand hygiene is important to stop the spread of the virus.

People are advised to:

- Wash their hands methodically using soap and water and drying them after using the toilet, before preparing food and eating
- Not rely on alcohol gels as these do not kill the virus

An infection with norovirus is self-limiting and most people will make a full recovery in 1-2 days. It is important to keep hydrated – especially children and the elderly.

Do not visit either A&E or GPs with symptoms as this may spread the virus.

Further information and advice is available from NHS 111, including an online symptom checker at [nhs.uk](http://nhs.uk).

## Appointments

Somerset is currently running a pilot which looks at changing the opening hours of some surgeries.

We have decided to participate in this pilot, along with our colleagues in all other local practices. This has not been an easy decision and we have discussed this with our patient group.

From 1 June 2017 to 31 March 2018 we will be moving some of our GP, Nurse and HCA appointments so that appointments are available on Tuesday and Wednesday evenings and on one in four Saturday mornings.

Reception will be offering these appointments in the usual way and we ask that you use them in the usual way – for example seeing your own GP for routine appointments. This provides the best care possible as your GP knows you, your life and your medical history the best.

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For more details please contact Karen on 01278 440409 or look at our website

[www.eastquayhealth.co.uk](http://www.eastquayhealth.co.uk)