

ST LUKE'S PRIMARY CARE CENTRE

NOVEMBER EDITION 2020



2ND DCKDOWN

On the 5th November England will begin a second lockdown. We understand that this is disappointing to many patients, however, this action is vital in helping to control the COVID-19 virus and ultimately save lives. We appreciate that you may have concerns regarding how this will impact on you, your family, your friends and your health needs.

The practice will continue to support you as we have done throughout the pandemic and offer the following:-

1. Telephone consultations
2. Video consultations
3. Electronic consultations (E-Consultant) - please see over the page
4. Face to Face appointments where it is clinically indicated—this decision will be made by the consulting Doctor/Nurse
5. To help with your prescription requests, if you haven't already done so, nominate a Pharmacy so that we can send your prescription electronically.

What are the new restrictions in England?

- People will be told to stay at home except for specific reasons
- These include work which cannot be done from home, childcare or education, exercise outdoors, medical reasons, essential shopping, providing care for vulnerable people or for volunteering, and visiting members of your support bubble
- Meeting indoors or in private gardens will not be allowed, but individuals can meet one other person from another household outside in a public place. Children under school age and those dependent on round-the-clock care who are with their parents do not count towards the two-person limit
- Non-essential retail will close, but can remain open for click-and-collect delivery
- Pubs, bars, restaurants will have to close, but can still provide takeaway and delivery, excluding takeaway of alcohol
- Indoor and outdoor leisure facilities, such as gyms and swimming pools, will also close, along with entertainment venues and personal care facilities such as beauty salons
- Places of worship will close, unless they are being used for funerals, to broadcast acts of worship, individual prayer, formal childcare, or essential services such as blood donation or food banks
- Construction sites and manufacturing workplaces can remain open
- Weddings and civil partnership ceremonies will not be able to take place except in exceptional circumstances, and funerals will be limited to a maximum of 30 people
- Children will still be able to move between homes if their parents are separated
- Clinically vulnerable people will be asked to be "especially careful" but people will not be asked to resume shielding
- Overnight stays, staying in a second home, and holidays will not be allowed - including in the UK and abroad - although there are exceptions, such as work trips
- People will be told to avoid all non-essential travel by private or public transport



Clinically vulnerable people are those who are:

- aged 70 or over (regardless of medical conditions)
- under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab each year on medical grounds):
- chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS) or cerebral palsy
- diabetes
- a weakened immune system as the result of certain conditions or medicines they are taking (such as steroid tablets)
- being seriously overweight (a body mass index (BMI) of 40 or above)
- pregnant

The above groups should minimise time spent outside their home and when around other people ensure that they are two metres apart from anyone not in their household or support bubble.

Remember - 'Hands. Face. Space':

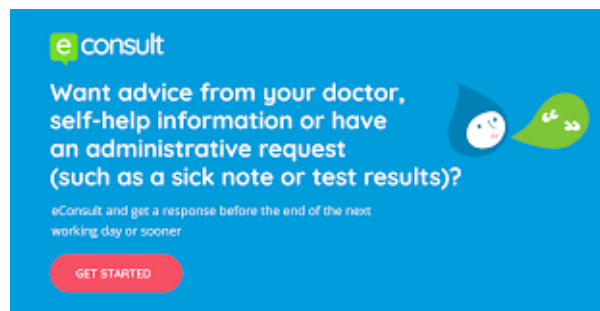
Hands – wash your hands regularly and for 20 seconds

Face – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet

Space – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors)

There is a group of patients who are clinically extremely vulnerable and if you fall into this group the Government will be writing to you. GP practices cannot produce this letter on your behalf please wait for the government to write to you.

To help with the increased demand on our telephone system we now have a new on-line self-help option for you to access.



You do not need to have an on-line account with E-Consult—just visit our website:-

www.stlukesprimarycarecentre.co.uk

Click on the E-Consult banner and follow the instructions