

SPRING 2020

COVID-19
Coronavirus Disease 2019

SPECIAL EDITION

IN THIS ISSUE

What are the symptoms & risks of COVID-19?

How can I stay safe?

What organisations can help me?

BGP update & staff changes

What are the symptoms & why do we have to treat it so seriously?

We understand that it is all too easy to feel overwhelmed and confused about the virus we have come to know as Novel Coronavirus (Covid-19) which has spread across the globe in recent months. There is a lot of information out there - and not all of it is very clear- so here's our guide to help you understand what's most important so that you can keep yourselves, your families and our community healthy during this pandemic.

Covid-19 is a new illness which attacks the lungs and airways. The main symptoms of the virus are a high fever (above 37°C), feeling hot to the touch on the chest or back and/or a new ongoing dry cough. Most people's symptoms will be fairly mild and can be treated at home just like the seasonal flu. However, there are many people who have underlying health conditions (many of which are completely hidden) which immediately put them 'at risk' and who will not be able to fight the virus without medical intervention. We have already had many deaths in the UK due to people not being able to fight off this virus and many hundreds more having to be hospitalised. It is fast becoming the biggest global health crisis since World War II, and we simply don't have the NHS resources to cope unless strict measures are put in place to protect both staff and patients. The hard truth of the matter is that unless we do our bit, many people will die unnecessarily.

At the moment, what we know is that the virus passes from person to person through human contact. Someone who

has the virus passes on tiny respiratory droplets on their hands or clothes after sneezing or coughing.

How can you ensure you stay safe?

Stay at home. Unfortunately the government's advice around 'social distancing' - to keep 2m away from each other (excl. immediate family members), has not deterred people enough, so now (as of 23rd March 2020) no one is to leave home, unless it is absolutely essential i.e. for food and medication.

Wash your hands. The only way to stop the spread between people is to keep washing hands with soap and water and to regularly clean all hard surfaces such as door handles.

High risk patients

The government has written to many patients who they deem most at risk from the virus due to pre-existing medical conditions. If you have received the letter please do all you can to stay safe and follow the advice given. A copy of the letter can be found on our website in the 'Coronavirus' section (in Advice & Help Zone).

Website—Coronavirus Advice & Help

We're doing all we can to ensure you have access to the latest information and support at your fingertips, which is why we have a designated area on our website. There you will find the latest government advice plus lots of helpful information about charities and community services who are helping our patients ensure they stay safe and well.

Friends & Family Test

In 2015 NHS England extended the Friends and Family Test to the General Practice. We are very pleased that in the last 3 months (December - February) 95% of all responders said they were 'extremely likely' or 'likely' to recommend us to their friends and family.

Surveys are available from reception and on our website.

Dates For Your Diary

Please be aware we are open for urgent health concerns only on Friday 10th April (Good Friday) and Monday 13th April (Easter Monday).

Please note: Surgeries are usually closed on Bank Holidays, however due to the COVID-19 pandemic things may change. Please check our website for details nearer the time.

PRACTICE OPENING HOURS

Brookside: Mon - Fri 8am - 6.30pm
Tues - Thurs 6:30pm - 8pm pre booked appointments only
Some Saturdays 8am - 12:00

Chalfont: Mon - Fri 8.30am - 5.30pm

Winnersh: CLOSED DUE TO COVID-19

Switchboard: Mon - Fri 8am - 6.30pm



Stay well at home

Visit brooksidegrouppractice.co.uk Advice & Help Zone.

Keep in touch with friends and family on the phone or using the internet.

Keep moving, it's important to be physically active and exercise outside once a day.

WELCOME TO THE TEAM!



Many of you already know Dr Alison Malcolm as she has worked with us for many years as one of our regular locum GPs. We are delighted to say that Dr Malcolm will now be joining the team as one of our Partners as of 1st April.

Sam Bantu has joined BGP as our new Business Manager. Sam has worked for 15 years in large corporations and has years of experience working in organisations which have to change and adapt to challenges outside of their control. He also enjoys spending time with his family and does wood turning in his spare time.



We are also delighted to say that Dr Aamir Ansari, who has been a locum GP with us for the last 6 months, will be joining us permanently as one of our Associates. We know many of his patients will be pleased to know he is staying with us for the foreseeable future.

Contact details:

Brookside Group Practice
Brookside Close
Earley
Reading
RG6 7HG

Tel: 0118 966 9333

