

# Surgery Matters

Haddenham Surgery – 01353 740205

[www.haddenhamsurgery.nhs.net](http://www.haddenhamsurgery.nhs.net)



So much has happened since our last update, it seems hard to believe that was only a couple of months ago.



We are working with all of the other Ely practices to deliver this monumental vaccination programme – at the same time offering “business as usual” for all of our patients.

## Covid 19 Vaccinations

Patients are being invited for vaccination from a very strict list. When it is “your” turn you will be sent an SMS text message (see example) and invited to make an appointment. Once the clinic is full, and you try to book your appointment you will see a message to say that no appointments are available - don't worry more will become available very soon. . Please check your link every day, and you will be able to book your vaccine the moment a booking slot becomes available

Dear Mr TestPatient,  
You have been invited to book  
your COVID-19 vaccinations.  
Please click the link to book your  
vaccination times: [book.nhs.me/  
r/4ny2nu8ega](https://book.nhs.me/r/4ny2nu8ega)

If you can't make the appointment yourself, someone from the surgery will contact you - we will know if you haven't made your appointment. Likewise if you do not receive a text, we will know that also and so will call you. **PLEASE DO NOT CALL THE SURGERY TO MAKE YOUR APPOINTMENT.** Only call the surgery if you wish to **CANCEL** your appointment.

We are also working with our colleagues in the community (CPFT) who are delivering COVID vaccinations for people who cannot attend the vaccination centres. Despite constraints around transport and delivery of these novel vaccines, they are now delivering vaccines to people in their own homes where essential. If you are waiting for your vaccine and are housebound, expect a phone call from one of our team who will advise of our plans.

*Please be aware that once you have received your vaccination you must still follow Government guidelines - stay at home and keep your distance. The vaccine should give YOU protection from Coronavirus, but you could still carry and pass on the virus to other people and they could get seriously ill.*

## Recovering from Coronavirus - Covid 19

If you are diagnosed with Covid-19 it is important that you look after yourself and do all that you can to reduce the chances of becoming seriously ill.

**When you are isolating** from other people, whether they are in the same house or not, it is important that someone checks on you regularly. Talking on your phone or through a doorway could be better than text messages. It will help them hear if you are becoming more breathless or unwell. Even if you live alone, you should arrange to contact someone regularly. Ask them to ring you, if you don't make contact as planned, they should seek help.

**Treating a high temperature:** drink plenty of water, adding electrolytes will help to stop dehydration. Take Paracetamol or Ibuprofen if you feel uncomfortable.

**Treating a cough:** try having a teaspoon of honey to help ease a cough (*do not give honey to babies under 12 months*). Sleep on your stomach or side - NOT on your back. This is because laying on your front stops your heart and stomach from pressing down on your lungs and allows the lungs to fully inflate and improves the amount of oxygen that gets into the body.

**Keep moving:** move your arms around frequently, it helps to open your lungs. Breathe in through your nose and out through your mouth - this will help open your lungs and help to eliminate pneumonia or fluid from your lungs.

If you are still unwell after three weeks, please contact your GP

**A minority of people** with COVID-19 will suffer more severe symptoms. You should call 999 immediately if you experience the following:

- Your blood oxygen levels are 92% or less (retake your reading immediately first)
- You are unable to complete short sentences when at rest due to breathlessness
- Your breathing gets worse suddenly.

Coronavirus can leave some people feeling unwell for a long time - this is known as long COVID.



**A PULSE OXIMETER** is used to measure blood oxygen levels.

Just as you might have a thermometer to track fevers, if you have symptoms of COVID-19, like weakness, muscle aches or fever, you could use a PULSE OXIMETER to track blood oxygen levels.

**Further information** can be found on these websites:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

<https://www.yourcovidrecovery.nhs.uk/>

Finally, many thanks for your continued patience and understanding during this extremely busy and difficult time. Staying home and not seeing friends and family is getting harder for everyone, but if we all continue to play our part we can believe that by the spring we could begin to emerge from this nightmare.