

Autumn 2020

STAY WELL  
THIS WINTER

[www.nidirect.gov.uk/stay-well](http://www.nidirect.gov.uk/stay-well)

# EASTSIDE SURGERY

STAFF TRAINING CLOSURE : 21 October & 3 December ( from 1 pm)

## FLU CLINICS 2020

Due to COVID 19, Flu clinic in 2020 will be different from previous years. We are planning to run **Adult** flu clinics each Wednesday afternoon in October.

### THESE CLINICS ARE NOT DROP IN CLINICS .

Time slots for these clinics will be allocated to each patient. The number of patients per half hour will be capped. In keeping with PHA and COVID guidelines, social distancing and Infection control procedures will be in place. If you are in an eligible group to receive a flu vaccine and you have a nominated pharmacist you will be receiving a information leaflet from that nominated pharmacy, this will be attached to your medication when you are collecting it . The information is also available on our website - under the Flu section.

Children's Nasal Flu clinics are by **appointment only** on Tuesday 20th & 27th October .



## PROTECTING YOUR CHILD AGAINST FLU

A nasal vaccine (Fluenz) will be offered.

All pre school children born between 2/7/16 and 1/9/2018 will be offered the vaccine at the surgery .

All primary school children plus year 8 children ( new addition in 2020) will receive their vaccination at school.

## FLU VACCINATIONS 2020

Flu vaccination programme will begin on 1/10/20

### There will be no drop in clinics for Flu in 2020

All patients over 65years, "**at risk**" patients who are 18yrs–64yrs, pregnant women (at any stage of pregnancy) & preschool children, will be offered the vaccine. It is very important that these groups of patients receive their flu vaccination early to be ready to fight off infection. Vaccines can be given at -

- Socially distanced flu clinics (*number of patients are limited per half hour* )
- A nurse arranged appointment
- An appointment triaged by a GP

## GP led phone triage system

If you need to speak to a doctor, please phone between 8.30am–10.30 am, your name will be added to a telephone call list. This list is stopped at 10.30am or when there is no further space on the telephone consultation list.

## Whooping Cough vaccination

The best time to be vaccinated to protect your baby is from 16 weeks of your pregnancy . If you are 16 weeks + you can receive your vaccination from your GP. If you are in the later stages it is still beneficial to receive the vaccine.

## Shingles vaccination

Those aged 70 or 78 yrs of age on 1/9/2020 are eligible for the vaccine . It is also available for those who previously missed immunisation , this includes anyone aged 71,72,73,74,75,76, 77 or 79 on 1/9/2020.

. People aged 80yrs + are **NO LONGER** eligible. This is because the vaccine is less effective as people get older.

## Compare symptoms of coronavirus, flu and cold

Symptoms	Coronavirus Symptoms range from mild to severe	Flu Abrupt onset of symptoms	Cold Gradual onset of symptoms
Fever or chills	Common	Common	Rare
Cough	Common (usually dry)	Common (usually dry)	Mild
Shortness of breath	Common	No	No
Lost or changed sense of smell or taste	Common	Rare	Rare
Fatigue	Common	Common	Sometimes
Aches and pains	Common	Common	Common
Sore throat	Sometimes	Sometimes	Common
Headaches	Sometimes	Common	Rare
Runny or Stuffy Nose	Sometimes	Sometimes	Common
Feeling sick or vomiting	Rare	Sometimes	No
Diarrhoea	Rare	Sometimes in children	No
Sneezing	No	No	Common

Signs and symptoms of hay fever can also be similar to symptoms of coronavirus. But hay fever does not cause a high temperature. Hay fever symptoms also get worse when you are exposed to certain triggers, such as pollen, weeds or grass.

USEFUL TELEPHONE NUMBERS		<b>Asthma</b>
		<p align="center"><b>Have you had your annual Asthma review ?</b></p> <p>According to a recent Asthma UK survey, 78% of people living with asthma said their symptoms were triggered by cold and damp weather. Many people get cold and flu viruses during the winter months and the symptoms of these winter bugs can make Asthma worse. It is also common for people to stay indoors during the cold weather. However this may mean they are exposed to more indoor allergens than usual such as dust mites.</p>
The Arches Centre	90563303	<p align="center"><b>Phoning to speak to a Nurse</b></p> <p>Test results will be given by the nursing team. If you need to speak to a nurse, your name and details will be added to the nurse telephone list, the nurse or HCA will phone you back <b>after 11.30 am</b></p>
Ulster Hospital	90484511	
Belfast City Hospital	90329241	
Royal Victoria Hospital	90240503	
Musgrave Park	90902000	
Mater Hospital	90902000	
Ulster Ind Clinic	90741211	
Out of Hours	90796220	
Reception	90451000	
Repeat Prescription Line	90451212	
Emergency lunchtime number	0743 5760079	<p align="center"><b>PLEASE REMEMBER</b></p> <p>Your prescription will be collected by you nominated pharmacy <b>48 working hours</b> after you order it. Remember to give your pharmacy time to dispense your medication .</p>