



# Kirkoswald Surgery

Ravenghyll, Kirkoswald, Penrith CA10 1DQ

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## COVID-19

The current Coronavirus Pandemic is having an effect on everyone.

We are following NHS guidelines as they evolve. OUR DOOR IS NOW OPEN. Please only visit the surgery if you have an appointment or if you are collecting a prescription and always wear a face covering. Do NOT come to the surgery if you or anyone in your household is experiencing any COVID related symptoms or have been in contact with anyone with symptoms. Please consider others before making the journey.

The GP is triaging telephone calls, please give as much information as possible to the receptionist so we can help deal with your call in the most appropriate way.

You may also use E-consultation. Please go to our website [www.kirkoswaldsurgery.co.uk](http://www.kirkoswaldsurgery.co.uk) you will find e-consult on the home page. Here you will be asked a series of questions relating to your symptoms and either directed to links for further advice or your assessment will be sent through to the GP and they will give you a call

COVID SYMPTOMS - High Temperature - New Persistent Cough - Loss of Taste/Smell

## Prescriptions

Where possible please order your Prescriptions either online or via the Telephone Answering Machine. Please allow 48 hours before collection. We are now able to accept card payments for your prescriptions.

## Flu Vaccinations

If you are eligible but have not yet had your flu vaccination we will contact you to arrange your appointment.

We are currently unable to vaccinate 50-64 year old patients who are not on an at risk register. We are awaiting further government guidelines on this due to supply and with the current circumstances of COVID

## **NHS 111**

If you or a family member are experiencing any symptoms of coronavirus such as; High Temperature, New Persistent Cough or Loss of Taste/Smell then please go to the NHS 111 website <https://111.nhs.uk/covid-19> or telephone 111 for further advice.

***We thank you for your patience at this very troubling time.***

# Kirkoswald Surgery

## Information Board

### THE SURGERY OPENING TIMES

Monday—Friday 08.30 to 18.30

We also offer extended hours for those patients who are unable to attend during these core times

**Home Visits**— If you are too ill to visit the surgery please request a home visit before 10.30 am if at all possible.

### **When should my child return to school/childcare after:**

**Chicken Pox**—When scabs are dry

**Flu**—5 days after start of illness

**Measles**—4 days after rash appears

**Mumps**—5 days after swelling appears

**Scabies**—After first treatment

**Scarlet Fever**—24hrs after starting antibiotics

**Impetigo**—When scabs are dry or 24 hrs after starting antibiotics

**Diarrhoea or Vomiting**—48 hrs after last episode

**Whooping Cough**— 5 days after starting antibiotics or 21 days after start of illness

**There is no need to keep your child away if they are well but school/childcare should be informed if they have;**

**Conjunctivitis**

**Glandular Fever**

**Slapped Cheek**

**Hand, Foot & Mouth**

**Threadworms**

**Head Lice**

The **NHS** is no longer able to provide medication for the following, even if you are entitled to free prescriptions:

**Acute sore throat, conjunctivitis, coughs, colds and nasal congestion, cradle cap, dandruff, diarrhoea (adults) dry eyes/sore tired eyes, earwax, excessive sweating, haemorrhoids, head lice, indigestion and heartburn, infant colic, infrequent cold sores of the lip, infrequent constipation, infrequent migraine, insect bites and stings, mild acne, minor burns and scalds, mild cystitis, mild dry skin, mild irritant dermatitis, mild to moderate hay fever, minor pain, discomfort and fever (eg. Aches and sprains, headache, period pain, back pain) mouth ulcers, nappy rash, oral thrush, prevention of tooth decay, ringworm/athletes foot, sunburn, sun protection, teething/mild toothache, threadworms, travel sickness, warts and verrucae**

Unless you have a chronic illness. These items are readily available at most pharmacies