

**ECP****NHS**

THE ELIZABETH COURTAULD SURGERY

# SURGERY NEWSLETTER

September 2011

Volume 5, Issue 3

## SATURDAY OPENING DATES OCT -DEC 2011

1 October  
15 October  
29 October  
12 November  
26 November  
10 December

## SATURDAY FLU CLINICS

22 October  
5 November

**The Elizabeth  
Courtauld Surgery**  
Factory Lane West  
Halstead  
Essex  
CO9 1EX

**Tel** 01787 47 59 44  
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**Surgery Hours**  
8.30am - 6.30pm  
(Monday, Thursday &  
Friday)  
8.30am - 8.00pm  
(Tuesday & Wednesday)

# FLU TIME AGAIN

Influenza, more commonly known as flu, is a viral infection caused by the influenza virus. It's passed on when people breathe in liquid droplets containing the virus that have been sneezed or coughed into the air, or when people touch objects contaminated with the virus.

ed for people at greatest risk of harm from the flu virus.

People who are advised to have a flu vaccination include:

- Everyone over the age of 65
- Everyone aged six months or over who has lung disease (such as asthma), heart disease, kidney

they need it should talk to their GP or practice nurse.

### How can I tell if it's a cold or flu?

Flu strikes suddenly and affects the whole body. One minute you're happy at work, the next you've been knocked for six and are too ill to do anything. It



The virus can cause infections all year round, but it's most common in the winter. Anyone can get flu and the more close contact a person has with people who have the virus, the more likely they are to get it.

### Should I get vaccinated?

The UK has a safe and effective vaccination against flu, which is provided free by the NHS. It's recommend-

disease, liver disease, diabetes or lowered immunity

- Anyone living in a residential or nursing home

People caring for those at risk of flu complications Remember, it's still possible to catch heavy colds after vaccination, as the flu jab only protects people from the flu virus, not other viruses.

Anyone who thinks

lasts for about seven days and generally leaves you feeling exhausted for weeks afterwards.

It's different from the common cold, in which the symptoms tend to come on gradually, usually affecting only the nose, throat, sinuses and upper chest. When someone has a cold, they're still able to get about and usually recover fully after about a week.



Pulse checks will be done this year as part of our Stroke Prevention Programme

## FLU TIME AGAIN (CONTINUED)

### What's the treatment?

These are the best ways to treat the symptoms of flu:

- Take plenty of rest because the body uses a lot of energy fighting infections
- Keep warm
- Make sure you drink plenty of water to avoid dehydration.

- Take paracetamol or anti-inflammatory medicines such as ibuprofen to lower a high temperature and relieve headaches and muscle aches.

- Drink hot water with lemon, ginger and honey

### PULSE CHECKS

This year we will also be checking your

pulse when you have your flu vaccine.

This is to check for signs of irregular heartbeat.

This is a major factor in strokes. Once detected it can be treated quite simply

We are screening you for this to try to prevent strokes occurring.

Our flu clinics start on Tuesday 11<sup>th</sup> October. We will also be holding open sessions on Saturday 22<sup>nd</sup> October and Saturday 5<sup>th</sup> November. No appointment is necessary for this session, just come along between the hours of 09:15 – 11:00 and a GP will be happy to see you.

## OTHER NEWS—REMINDERS

### IMMUNISATIONS

Halstead Surgery has one of the lowest rates of children taking up the full range of vaccinations in Mid Essex. If you are one of the parents who have not brought your child in for their jabs at 2,3,4, 12 and 13 months then we would like to talk to you about any questions you may have. You can ring and ask for an appointment with our nurse Stephanie who will be happy to discuss immun-

ising your child against childhood illnesses like mumps,, measles, diphtheria and tetanus.

### DOCTOR NEWS

On the 1st October we welcome back our popular GP, Dr Anna Davey. She has been away on maternity leave and will be returning to the Surgery fully refreshed. She is also increasing her working times by one session a week seer more patients.

We are happy to announce that Dr Kate Salmon, who has been covering for Dr Davey, will become a Partner at the Surgery from 1st October. Many of you will have met her and will be glad to know that she is staying with us. She has been a great addition to the Practice.

Dr Prasad's patients will be pleased to hear that he too will be adding another session from 1st October

### **REPEAT PRESCRIPTIONS**

**The request line is now open 24 hours a day, 7 days a week.**

**Call 01787 479 889 and leave your message.**

**You can also order online from our website**

**[www.elizabethcourtauld.gpsurgery.net](http://www.elizabethcourtauld.gpsurgery.net)**