



# Practice News

## Special points of interest:

- Swine Flu
- Evening Surgery
- Seasonal Flu
- Annual Reviews

## Swine Flu

Swine influenza is a disease in pigs. The virus currently transmitting among people is referred to as 'SWINE FLU'. The current swine flu is an altered version of a virus that causes swine influenza.

If you have flu like symptoms and if you have been in contact with someone who may have swine flu:

- \* Stay at home
- \* Check symptoms
  - High temperature
  - 38C / 100.4F

and 2 or more of the following

- Unusual tiredness
- Headache
- Runny nose
- Sore throat
- Shortness of breath
- Cough
- Loss of appetite
- Aching muscles
- Diarrhoea
- Vomiting

- \* Call your GP or out of hours

The Northern Ireland Swine Flu Helpline Number is 0800 0514 142. Textphone 18001 0800 0514 142.

### \*REMEMBER\*



It is possible to order prescriptions online. Please ask at reception for more details.

## Germ Prevention

Remember preventing the spread of germs is the most effective way to slow the spread of diseases such as swine flu.

You should:

- \* Wash your hands regularly with soap and water
- \* Clean surfaces regularly to get rid of germs
- \* Use tissues to cover your mouth and nose when you cough and sneeze

Place used tissues in a bin as soon as possible.



## Vaccination

It is hoped the vaccination against swine flu will be available in November. All eligible patients will be notified when more information becomes available.

**Congratulations to Dr Haslam who supported by our patients and staff raised £720.30 for Action Medical Research during his annual fund raising cycle**

## Evening Surgery



We are pleased to announce the introduction of additional surgeries in the evening to increase the number of appointments available.

It is now possible to have an evening appointment in the surgery, between 6.30pm and 8.30pm, on one evening each week (Monday–Thursday).

These appointments are intended for those who are working and unable to attend during the working day.

Each appointment is expected to last no longer than 10 minutes and therefore it can be difficult to deal with multiple complaints in one appointment slot.

**“protect yourself  
- catch  
the  
vaccine  
not the  
flu”**

## Seasonal Influenza Vaccination

Flu vaccinations ARE NOW AVAILABLE in the practice.

This is recommended for the following groups.

- Anyone aged 65 or over
- Carers
- Children and adults with the following conditions
  - Chest conditions eg asthma
  - Heart, liver, or kidney disease
  - Neurological disease e.g. MS

Diabetes

Lowered immunity

- Children admitted to hospital with a chest infection
- Anyone living in a residential home

All those eligible will be contacted.

Please speak to one of the doctors or nurses if you feel you should receive this vaccination and do not receive an invitation to attend.

## Annual Reviews



If you have a chronic health condition such as

ASTHMA,  
CORONARY HEART DISEASE,  
ANGINA,  
HEART FAILURE,  
STROKE,  
HYPERTENSION,  
DIABETES,  
EPILEPSY,  
DEMENTIA,  
CHRONIC KIDNEY DISEASE,

it is important for your health that you are reviewed annually.

The Treatment Room are currently sending out appointments for these reviews.

If you receive an appointment please try and come but if you are unable to attend please contact reception so this can be offered to another patient and your appointment rearranged to a time that suits you.