

Newsletter October/November 2018

Walderslade Surgery Flu Vaccination Clinics:

- ❖ **Saturday 10 November** - appointments available to book from 9am onwards
- ❖ Appointments available to book during the afternoon and early evening on **Monday 29 October and Monday 12 November**
- ❖ **'Walk-in' appointments available now** - ask a member of our reception team
- ❖ **Childhood vaccinations for 2 and 3 year olds** – appointments available to book from 9am onwards on **Saturday 3 November and Monday 19 November** between 4pm and 6pm



Please ask a member of our Reception or Clinical Team to check if you are eligible for a free flu vaccination - Phone 01226 743221

Help us, so we can help you

The surgery purchases flu vaccines on your behalf so please have your vaccine with us.

When we vaccinate you against flu we also obtain vital data that is necessary for your medical record and care.

We work fast and are practised in vaccinating you, informing you of updates required and gathering data so this does not take long. This saves all of us a lot of additional work and time.

We will also advise you at the same time if you are eligible to be vaccinated against pneumonia and/or shingles.

Changes to i-HEART BARNESLEY365 Services from 1 October, 2018:

i-HEART is a free service available to anyone registered with a Barnsley-based GP.

The service provides same day appointments with a GP or Advanced Practitioner during evenings, weekends and bank holidays, which are available in locations throughout Barnsley.

Appointment opening times:

Monday - Friday: 6:30pm-10:30pm

Saturday & Sunday: 10:00am-1:00pm

Bank holidays: 10:00am-1:00pm

Booking an appointment:

Appointments can be booked

via telephone between:

❖ 4:00pm-6:00pm (Mon-Fri)

❖ 8:00am-9:30am (weekends and bank holidays)



Telephone 01226 242419

www.iheartbarnsley.org.uk

Walderslade Surgery

www.waldersladesurgery.co.uk

Beating the Flu:

You can often treat the flu without seeing your GP and should begin to feel better in about a week.

Flu symptoms come on very quickly and can include:

- ❖ a sudden fever – a temperature of 38C or above
- ❖ aching body
- ❖ feeling tired or exhausted
- ❖ dry, chesty cough
- ❖ sore throat
- ❖ headache
- ❖ difficulty sleeping
- ❖ loss of appetite
- ❖ diarrhoea or tummy pain
- ❖ nausea and being sick



The symptoms are similar for children, but they can also get pain in their ear and appear less active.

Cold and flu symptoms are similar, but flu tends to be more severe.

Flu	Cold
Appears quickly within a few hours	Appears gradually
Affects more than just your nose and throat	Affects mainly your nose and throat
Makes you feel exhausted and too unwell to carry on as normal	Makes you feel unwell, but you're OK to carry on as normal (for example, go to work)

How to treat flu yourself to help you get better more quickly:

- ❖ rest and sleep
- ❖ keep warm
- ❖ take paracetamol or ibuprofen to lower your temperature and treat aches and pains
- ❖ drink plenty of water to avoid dehydration (your pee should be light yellow or clear)

A pharmacist can give treatment advice and recommend flu remedies.

Be careful not to use flu remedies if you're taking paracetamol and ibuprofen tablets as it's easy to take more than the recommended dose.

Speak to a pharmacist before giving medicines to children.

Call NHS 111 or see your GP if:

- ❖ you're worried about your baby's or child's symptoms
- ❖ you're 65 or over
- ❖ you're pregnant
- ❖ you have a long-term medical condition – for example, diabetes or a heart, lung, kidney or neurological disease
- ❖ you have a weakened immune system – for example, because of chemotherapy or HIV
- ❖ your symptoms don't improve after 7 days

Antibiotics

GPs don't recommend antibiotics for flu because they won't relieve your symptoms or speed up your recovery.