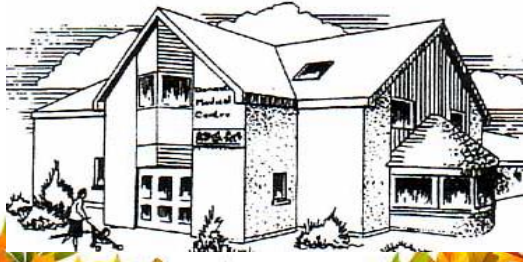


Danestone Matters



Working together, caring for your health

Danestone Medical Practice

Fairview Street, Danestone,

Aberdeen AB22 8ZP

Tel: 01224 822866 Fax: 01224 661586

Website: www.danestonemedicalpractice.co.uk

Autumn 2020

Flu season!

As part of the Scottish Government's agreed nationwide change to vaccinations, this year's flu campaign will be led by the NHS Vaccination Transformation Teams. As expected (due to the COVID pandemic), the way that flu clinics have traditionally been delivered will change.

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT THE FOLLOWING NUMBER/EMAIL. PLEASE DO NOT CONTACT THE PRACTICE TO ARRANGE OR CHANGE APPOINTMENTS.

Flu Call Centre – 01224 555999

Flu Vaccine Information – gram.flu-info@nhs.scot

Information website – www.fluvaxgrampian.com

THOSE ELIGIBLE SHOULD AWAIT A LETTER WITH INFORMATION ON MAKING AN APPOINTMENT.

This year's agreed eligible groups are:

- Those aged 65 or over (will be invited to attend a local clinic at a set date and time. Letter will come to your home address in a few weeks).
- 55-64 year olds (appointments letters in December).
- Children aged 2-5 (will be invited to attend a local clinic at a set date and time. Letter will come to your home address in a few weeks).
- School children P1-7 (will be vaccinated at school).
- Pregnant women (will be advised by their community midwife).
- Anyone with an underlying medical condition such as asthma, COPD or diabetes.
- Household members of those who were in the shielding group.
- Health care workers.
- Social care workers who provide direct care.
- Unpaid carers.
- Anyone who lives with someone who is in the shielding category.

If you do not come under the above criteria but still wish to have the flu vaccine you may be able to have this done privately – please contact your local Pharmacy for further details.



PRACTICE UPDATE

We have remained open throughout the Covid Pandemic although our front door is locked. Urgent medical problems are still dealt with by GPs, nurses and other staff. As we move into a phased recovery, most routine medical services will restart gradually, but this does not mean a return to normal.

Just as the supermarket, the coffee shop and the office is a very different place, so too is the GP Practice. Much of what you may need to contact us about can be dealt with without attending the surgery, so we continue to ask our patients to complete an online eConsultation from our website or phone us. Telephone or video calls will be arranged and only those who need face to face examination will be asked to attend to keep you and others safe with as few people as possible entering the Practice.

Because it's likely that those attending the surgery will have health problems, it's even more important to ensure safety than it is in the supermarket or office so staff will wear PPE and you will be asked to wear a face covering/mask. Consultation time will be kept to a minimum for everyone's safety but despite this each appointment needs to be longer to allow time for cleaning between patients, the patient flow through the practice will be controlled, and waiting rooms when reopened will seem very different.

The way health services are delivered will stay changed for a long time to come. We all need to feel safe when we use the NHS and need our NHS staff to be safe and we thank all our patients for your ongoing help and understanding.

Coming to the Practice

We thought it would be useful to share a few helpful tips if you do need to attend the Practice while our door remains closed:

- Arrive close to your appointment time 🕒 to reduce unnecessary waiting
- Call 📞 to inform us of your arrival (see below)
- Preferably arrive by car 🚗 & wait there until called by one of our team
- Please wear a facemask 😷
- Attend your appointment alone 👤 or 1 adult for children's appointments 👤
- Clinicians will be wearing full PPE
- Call & reschedule your appointment if you have any Covid symptoms at the time of your appointment, including minor symptoms

Cold or coronavirus? Know when to book a test for your child



Only book a test if you or your child have any of the following symptoms:

- ◆ A new, persistent cough
- ◆ High temperature (37.8 degrees or above)
- ◆ Loss or change in taste or smell

Read more at bit.ly/ChildCovidTest

If you do have any coronavirus symptoms, you need to self-isolate and get tested straight away

Book a test at nhsinform.scot/test-and-protect

If your child only has cold-like symptoms, such as a runny nose, they do not need to be tested for coronavirus.

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

Danestone self-help website

Our practice website has now been updated. It looks a little different but still has all the usual links for eConsultations, Near Me video consultations and Patient Access for ordering your repeat medication. We have now introduced our "Self-help" page that contains links to lots of useful websites links that our GP's regularly recommend and use on common problems i.e. mental health, sleep etc.

www.danestonmedicalpractice.co.uk/self-help/



We had a special presentation 🏆 this week after our Practice Manager Tracey nominated Dr Rhona for an **NHS Grampian Orange Award** in recognition of her leading our fabulous team through these extraordinary Covid times. Rhona was delighted to accept this honour on behalf of our DMP team ... Well done everyone!

#SuicidePreventionWeek2020

We know things can be tough so please check up on each other and reach out to someone if you need to chat. You are not alone and there are people who you can talk to. ❤️

[Breathing Space](#)

[Samaritans](#)

[SAMH](#)

[MIND](#)



Please note we will be CLOSED on
Monday 28 September