



MARDEN NEWS



The monthly newsletter from Marden Medical Practice August 2020

We are delighted to introduce our new receptionist, Elizabeth Coley, who has previously worked in general practice. We look forward to working with Elizabeth when she joins us from week-commencing 3rd August.



More good news!

Plenty of visitor attractions in England are beginning to welcome us back from pre-booked time slots to one-way routes and there are measures in place to help you enjoy with confidence.

The National Trust - More than 135 gardens and parks are now open through advance booking, as well as hundreds of coast and countryside places. To ensure everyone's safety, please continue to book your visit in advance.



GetOutside Search by activity and location for how you can get outside safely.

The Royal Horticultural Society Government advice on Gardens; Wisley, Harlow Carr, reopened under a pre-booking



Following the latest Coronavirus, four RHS Hyde Hall and Rosemoor have system.



English Heritage Many of our historic sites are now open. To help keep everyone safe, we've introduced bookable arrival time slots and reduced visitor capacity by about a third.

Historical Houses Association Parks and gardens may now re-open in England where the owner feels able to do so responsibly. Not all member places are open and those that are may impose timed-ticket or other restrictions. Always check an attraction's own website before making a journey.



Canal & River Trust Our navigations are open for boating, angling and paddle sports, and you can enjoy exercise and being in the outdoors, close to nature, on our towpaths. Boaters can stay overnight on their boats. Where the government has introduced local lockdowns lockdown restrictions for boating will be reinstated.



Useful Numbers

Health Visitors 452300
District Nurses 277709
RSH 261000
Family Planning 283382

Pharmacies

Rowland's On Site
369446
Asda 276810
Sainsbury's 244744
Taylor - Radbrook
249931
Williams Co-op
344277
Conway 352352
Lunt's - Hereford Rd
351918
Boots - Pride Hill
351311
Rhodes 343998
Boots - Copthorne
350747
Boots - Coleham
362496
Lloyds - Riverside
344523
Tesco
845449
Pharmacy Express
245715

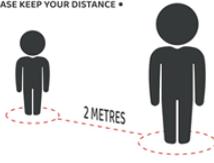
Advice from the World Health Organisation



You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions: Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water because this kills viruses that may be on your hands.

SOCIAL DISTANCING

PLEASE KEEP YOUR DISTANCE



Maintain at least 1 metre (3 feet) distance between yourself and others because when someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.

Avoid going to crowded places because you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 metre (3 feet).

Avoid touching eyes, nose and mouth because hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

DON'T TOUCH YOUR FACE!



People should NOT wear masks when exercising, as masks may reduce the ability to breathe comfortably. Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

The likelihood of COVID-19 being spread on shoes and infecting individuals is very low. As a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes



To protect yourself against COVID-19, disinfect objects and surfaces, especially the ones you touch regularly. You can use diluted bleach or alcohol for that. Make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth and nose.

Older people and younger people can be infected by the COVID-19 virus. Older people, and people with pre-existing medical conditions such as asthma, diabetes, and heart disease, appear to be more vulnerable to becoming severely ill with the virus.



The World Health Organisation advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

Most people who get COVID-19 have mild or moderate symptoms and can recover thanks to supportive care. If you have a cough, fever and difficulty breathing seek medical care early - call your health facility by telephone first.



Contact Information

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