



The monthly newsletter from Marden Medical Practice

MARDEN NEWS

December 2016

When & How to Wash Your Hands

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When should you wash your hands?

Before, during, and after preparing food

Before eating food

Before and after caring for someone who is sick

Before and after treating a cut or wound

After using the toilet

After changing nappies or cleaning up a child
who has used the toilet

After blowing your nose, coughing, or sneezing

After touching an animal, animal feed, or animal waste

After handling pet food or pet treats

After touching rubbish



How should you wash your hands?

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry them.

What should you do if you don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an

alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs and might not remove harmful chemicals.

Hand sanitizers are not as effective when hands are visibly dirty or greasy.

How do you use hand sanitizers?

Apply the product to the palm of one hand, rub your hands together, rub the product over all surfaces of your hands and fingers until your hands are dry.



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



CHRISTMAS OPENING HOURS

We are closed on the following dates:-

Monday 26.12.16

Tuesday 27.12.16

Monday 02.01.17

All other opening times are as usual.

IMPORTANT: Please remember to order prescriptions for over the Christmas period.



Happy Christmas from all at Marden Medical Practice

**WE ARE
MACMILLAN.
CANCER SUPPORT**

MACMILLAN CANCER SUPPORT

No one should face cancer alone so when you need someone to turn to, we're here. Right from the moment you're diagnosed, through your treatment and beyond, we're a constant source of support, giving you the energy and inspiration to help you take back control of your life, and feel more like yourself again.

At Macmillan, we know how a cancer diagnosis can affect everything so we're here to support you and help you take back some control in your life from help with money worries and advice about work, to someone who'll listen if you just want to talk, we're here.



Right from the moment you're diagnosed, through your treatment and beyond, we're a source of support, giving you the energy and inspiration to help you feel more like yourself. We are millions of people affected by cancer, supporters, professionals, volunteers, and campaigners. Together we are all Macmillan.

Step inside Macmillan and you'll find talented people working together to improve lives. You'll also find out how we commission the best care and how our corporate partners help us every day.

If you'd like to get in touch with us, if you have questions, compliments or complaints, we want to hear from you.

Contact Information

Telephone: 01743 241313

Physiotherapy Triage 01743 454912

Email: marden.marden@nhs.net

Shropdoc: 0333 222 6655

Fax: 01743 2360725

Website: www.mardenpractice.gpsurgery.net