



SUMMER NEWSLETTER

Having Fun in the Sun

HAYFEVER

Many people suffer from hay fever symptoms throughout the summer months. The Symptoms of hay fever include:

- Itchy Eyes/Throat
- Sneezing, blocked/runny nose
- Watering/ red eyes (allergic conjunctivitis)
- Headaches, blocked sinuses
- Shortness of breath
- Tiredness
- The sensation of mucus running down the back of the throat, 'post nasal drip'

Treatment

Hay fever is usually treatable with over the counter medications such as anti-histamines, drops and nasal sprays. Your pharmacist will be able to give you advice on which items will best treat your symptoms

Top Tips for Dealing with Hayfever

- Monitor pollen forecasts and stay indoors wherever possible when the count is high (generally on warmer, dry days)
- On high pollen days, shower and wash your hair after arriving home and change your clothing
- Avoid drying washing clothes on a clothes line outside when pollen counts are high

Are you going on holiday abroad?

Contact reception to book an appointment at our travel clinic for up to date advice and vaccinations.

Why does the receptionist need to ask what's wrong with me?

The reception staff are key members of the practice team and it has been agreed that they should ask patients 'why they need to be seen'.

Reception staff are trained to ask certain questions in order to ensure that you receive:

- The most appropriate medical care
- From the most appropriate healthcare professional
- At the most appropriate time

Receptionists are asked to collect brief information from patients:

- To help GPs prioritise house visits and telephone calls
- To ensure that all patients receive an appropriate level of care
- To direct patients to see the nurse or other healthcare professional rather than a doctor where appropriate.

Reception staff, like all members of the team are bound by confidentiality rules and any information given by you is treated in the strictest of confidence.

SURGERY CLOSURES

The surgery will be closed on the following dates:

Thurs 12th July

Friday 13th July

Monday 27th August

Patient requiring urgent medical attention during these times, should contact the surgery on 028406 23303 to obtain the telephone number for the Dr On Call/Out of Hours service.

Stay Safe in the Sun

When going out in the sun, make sure to use a sunscreen, with a sun protection factor (SPF) of at least 15. Go for broad-spectrum sunscreens, which protect against harmful UVA and UVB rays.

The summer sun is most damaging to your skin in the middle of the day. Spend time in the shade between 11am and 3pm, under umbrellas, trees, canopies or indoors.