

An update for patients regarding the Coronavirus (COVID-19) and changes in current guidelines:

We are striving, as always, to ensure that the health and safety of our patients and staff is our top priority.

We are continuing to maintain our usual high standards of cross infection control/PPE/hand hygiene/laundrying procedures. In an attempt to minimise the risk of Covid-19 transmission, we are in addition, cleaning all door handles, light switches, bannisters, card machines, patient toilet plus other surfaces, with anti-viral disinfectants, at a minimum of every 3 hours, daily.

In order maintain the guidelines on social distancing, we are minimising patients' time spent within the practice by requesting patients not to arrive too early for their appointments. We are also allowing our patients to leave promptly once their appointment is complete. We can arrange to take any necessary payments or make further appointments over the phone where necessary.

We are also providing handwashing facilities and alcohol hand gel to all patients upon entering and leaving the practice.

We are calling patients in advance of their appointment to ensure there are no on-going health issues we need to be aware of and to offer appropriate advice as necessary. During these uncertain times, we have also decided to relax our usual 48 hour cancellation policy for patients who have to self-isolate or unfortunately become ill.

If there is anything you need to ask us, please call, no matter how trivial it may seem.

We will continue to keep you updated on further changes as the situation develops.

Please see the images below for more information.

THE POWER OF SOCIAL DISTANCING



@SignerLab

@garywarshaw

Hand-washing technique with soap and water



1
Wet hands with water



2
Apply enough soap to cover all hand surfaces



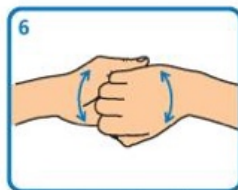
3
Rub hands palm to palm



4
Rub back of each hand with palm of other hand with fingers interlaced



5
Rub palm to palm with fingers interlaced



6
Rub with back of fingers to opposing palms with fingers interlocked



7
Rub each thumb clasped in opposite hand using a rotational movement



8
Rub tips of fingers in opposite palm in a circular motion



9
Rub each wrist with opposite hand



10
Rinse hands with water



11
Use elbow to turn off tap



12
Dry thoroughly with a single-use towel



13
Hand washing should take 15-30 seconds

Social Distancing:



What does it mean?

It means stay away from places where people gather, avoid mass gatherings, and whenever not possible, maintains a distance of at least one metre from each other.¹ Together we can help to slow the infection from spreading away.

Red Light – Avoid / Don't Do

- All gatherings of religious, commercial, official or personal nature (e.g. market/mall, cinema, meeting/conference, wedding, party/picnic, tuition, gym/yoga, dancing etc.) involving a sizeable and flowing crowd
- Social visitors or non-essential workers in your house
- Non-essential visitors in the workplace
- Non-essential travel in public transportation



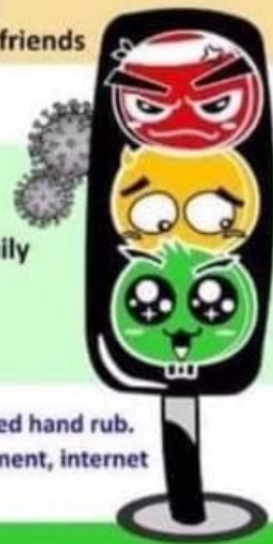
Yellow Light – Do with Caution

- Attend private gatherings limited to a few family members or known friends
- Travelling in a private transport (public transport only if it is a NECESSITY)
- Visit a local restaurant BUT choose the open-air type, sitting with at least one metre apart whenever possible (takeaway food is a better choice)
- Buying in a grocery store or supermarkets without a crowd
- Pick up medicines from the pharmacy without a crowd
- Play sports in the open air with family or a few known friends

Green Light – Safe to Do

- Take a walk or jog in open park or stadium
- Cycling
- Play in the home garden, or go for a fun drive with family
- Read a book or listen to music in private
- Play games or watch TV/movie at home
- Home cooking and meals at home

- Wash your hands frequently with soaps and water, or alcohol-based hand rub.
- Best to do thing online whenever possible (e.g. Video chat, e-payment, internet games, or chat over a phone).



1. " World Health Organisation, March 2020."