

TEL: 0151 944 1066  
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www.moorestreetsurgery.nhs.  
uk

# Moore Street Surgery

July 2020



## Practice News July 2020

**We are sad to inform patients that Dr Roberts has now retired from the practice.**

**The practice would also like to welcome our new Partner Dr J Anten**

## Appointments at the Surgery

Moore Street Surgery is currently operating a telephone triage system. All appointment requests will be triaged by a clinician over the telephone. They will make a clinical decision on whether a direct face-to-face appointment is required.

To avoid disappointment please do not queue outside of a morning.

***We politely request that all patients who are requested to attend the surgery, by a clinician, wear a face mask/face covering when entering the surgery .***



## **IMPORTANT NOTICE - CORONAVIRUS**

If you have symptoms associated with coronavirus including a **new continuous cough, a high temperature or loss or change to your sense of smell or taste**, you are advised to stay at home for **7 days**.

**PLEASE DO NOT COME TO SURGERY.** Please stay at home and ring 111 or us for advice. Do not use public transport or taxis. Do not go to work, school or public places. Do not just present yourself to any GP surgery or hospital without seeking advice first.

***We politely request that all patients who are asked to attend the surgery by a clinician, wear a face mask/face covering when entering the surgery .***

**\*You can find instructions on how to make your own face mask on page three**

## Prescriptions

Repeat medication requests: You are able to request in the usual way via

- The post-box on the front door
- The prescription box within the foyer

**The usual 48 hour rules apply.**

To collect your prescriptions:

- If you **do not** have a nominated chemist (which we do recommend) you can still attend the surgery to collect your prescription.

## E CONSULTS - An straightforward alternative to telephoning the surgery

eConsult is free to use for NHS patients. Use eConsult to ask your GP surgery about your health symptoms, conditions or treatment. You can even request things like sick notes and GP letters. Simple to use and you will be prompted on the practice website on how to use and to do your request.

- Find your symptom, condition or request.
- Fill out a quick form.
- The practice responds by phone or email, usually by the end of the next working day.



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## NHS Test and Trace

<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

### The NHS Test and Trace Service:

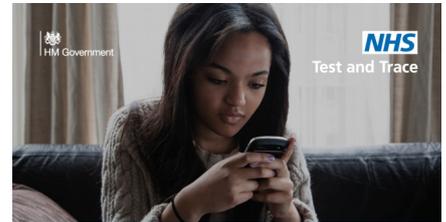
- Ensures that anyone who develops symptoms of Coronavirus (COVID-19) can quickly be tested to find out if they have the virus, and also includes targeted asymptomatic testing of NHS and social care staff and care home residents.
- Helps trace close recent contacts of anyone who tests positive for Coronavirus and, if necessary, notifies them that they must self-isolate at home to help stop the spread of the virus.

If you're contacted after testing positive for Coronavirus:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youre-contacted-after-testing-positive-for-coronavirus/>

If you have been in contact with someone that has Coronavirus:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/nhs-test-and-trace-if-youve-been-in-contact-with-a-person-who-has-coronavirus/>



**CORONAVIRUS**  
**SELF-ISOLATE**  
**WHEN ALERTED**

If you're told you have been exposed to an infected person you must self-isolate for 14 days.

**PLAY YOUR PART.**  
**PROTECT YOUR FRIENDS AND FAMILY.**  
[nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119

**STAY ALERT • CONTROL THE VIRUS • SAVE LIVES**

## Care at the Chemist

Did you know that you can get free, fast and expert health advice at any pharmacy in Sefton?

The Care at the Chemist scheme is the quickest and easiest way to get advice and treatment from a health professional for a wide range of everyday illnesses and ailments – without even setting foot in your doctor's surgery.

So, if you have a common or minor health problem, Care at the Chemist is for you. You don't need an appointment and you'll find a chemist close to home, with many open early until late.

For more information, a list of common conditions that are included in the scheme and a list of pharmacies that are signed up, you can visit:

<https://www.southseftonccg.nhs.uk/your-health-and-services/care-at-the-chemist/>



## Talk to Us—Samaritans (July 2020) <https://www.samaritans.org/>

Talk to Us is Samaritans annual awareness campaign within local communities to raise awareness that they are there to listen 24/7 without judgement or pressure. You can contact the Samaritans in several different ways:

- Call 116 123 (Free, any time, any phone)
- Email [jo@samaritans.org](mailto:jo@samaritans.org)
- Write to Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING FK8 2SA
- Try the Samaritans Self-Help App

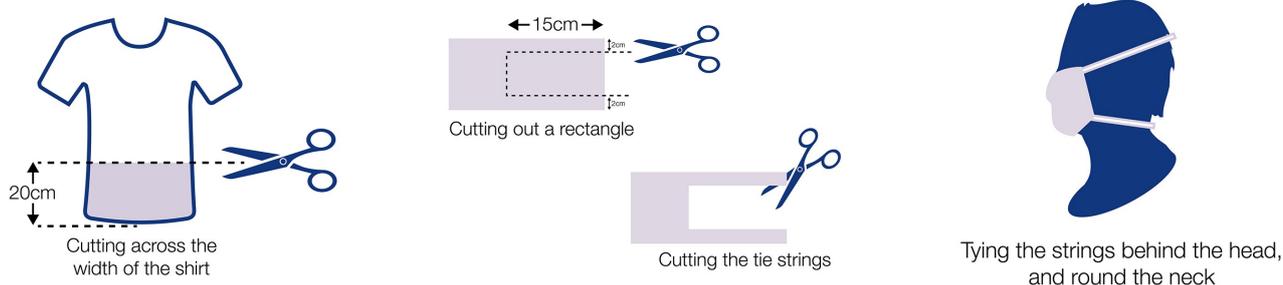
## How to Wear and Make a Face Cloth Covering

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>

You should wash a face covering regularly. It can go in with other laundry, using your normal detergent.

### Using a T-shirt

You will need: an old T-shirt that you do not want anymore (ideally size small or extra small), scissors



- 1:** Cut a straight line across the width of the T-shirt (front and back) approximately 20cm from the bottom of the T-shirt.
- 2:** From a point 2cm below the top right-hand corner of the fabric, make a 15cm horizontal cut through both sides of the fabric that is parallel to the top of the rectangle.
- 3:** Cut down towards the bottom of the fabric until you reach approximately 2cm above the bottom edge. From here, make another 15cm cut that runs parallel to the bottom of the fabric to make a rectangle that can be discarded.
- 4:** To make the ties, cut open the edge of the 2 long strips of fabric. Unfold the main piece of fabric and place over the mouth and the nose. The 4 strips act as ties to hold the cloth face covering in place and should be tied behind the head and around the neck.

### A Sewn Cloth Face Covering

You will need: two 25cm x 25cm squares of cotton fabric, two 20cm pieces of elastic (or string or cloth strips), needle and thread, scissors

- 1:** Cut out two 25cm x 25cm squares of cotton fabric. Stack the 2 squares on top of each other.

- 2:** Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.

- 3:** Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly. (If you only have string, you can make the ties longer and tie the covering behind your head.)

- 4:** Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.

