

A message to you from GPs across our area

Hello everyone,

It's been an incredibly difficult time for us all this year and the challenges will continue as winter draws in.

Your GP practices and primary care staff are here for you and we are increasingly working together to ensure you can get the care you need.

Everyone has a role to play in reducing the spread of COVID-19, whether they work in the NHS or not. We are really grateful for the way people have rallied round and supported us, but it's incredibly important that we keep that going and don't give up now on following the guidance on maintaining social distancing, good hand hygiene and wearing a mask when appropriate.

And please don't forget that pharmacies are such a valuable resource - both for being the place where you get can supplies of common medicines, but also for their knowledge, if you need advice on various minor ailments.

We are all preparing plans for the COVID vaccination program in the local area. **The important thing to remember please is that we will contact you when we need you to come for your vaccine. You don't need to call us.**

In the meantime, we ask that you play your part in continuing to protect each other and the NHS. Our practices and our hospitals are extremely busy, but we still want to hear from you if you have health concerns.

Phone us or contact us through your practice website.

Seven ways to help us help you this winter

.Always follow national COVID-19 advice: Hands... Face... Space

- .Don't store up health concerns — contact your GP surgery by phone or online for advice
- .Get your flu jab and be ready to respond when we contact you about a COVID-19 vaccination
- .Make time for exercise to help your mental health
- .Minor illness: keep some common medicines at home just in case. Pharmacies can give you advice.
- .Minor injuries don't need ED; use:
 - Minor Injuries Units
 - Urgent Treatment Centre
- .For urgent help, but not a life-threatening emergency, just contact 111 First (111.nhs.uk).

You may like to keep a copy of this leaflet which has very useful information in it.

On behalf of GPs and their staff across the area may we wish you the most healthy festive season possible...and thank you again for all your support this year.

Dr Hannah Morgan, Hayling Island GP and Clinical Director for Hayling Island and Emsworth Primary Care Network.