



If you have symptoms of covid-19 (a new persistent cough, fever, temperature or loss of taste and smell), please contact [NHS Inform](#) or call **0800 028 2816** for advice to book a test immediately.

DO NOT COME TO THE HEALTH CENTRE.



Craigshill Good Neighbour Network are offering a telephone befriending service. If you would like to arrange a chat or be a volunteer call: **01506 442093**

CRAIGSHILL GOOD NEIGHBOUR NETWORK

Find us on 

Update on Tier 4

As you will know, West Lothian will enter a Tier 4 Lockdown on **Friday 20TH November 2020 until 11th December 2020**. Craigshill Health Centre will continue to remain open and serve the community.

However we need your help.

Please, as always, **only enter the Health Centre for an appointment**. We will still see patients face to face in the practice. GP appointments will be initially a telephone appointment. If the GP needs to see you to provide appropriate treatment, you will be offered a face to face appointment or a Video Consultation using NHS Near Me.

If you have a prescription to collect, **please arrange a Pharmacy to collect on your behalf**. We will have urgent only prescriptions available for collection – this is when the GP or Nurse arranges your prescription on the phone during a telephone appointment. We will strictly have collection points at the following times:

Morning:

Afternoon:

General Enquiries – we know the phone lines are busy first thing. If you have a general enquiry, call us after 10am.

The last of our Flu Clinics are on 18th November.

Flu clinics for Under 65s At Risk and Over 65s end today as planned. Mop up clinics will be available. Please call the practice if you would like an appointment.

If you are an unpaid carer, or live with someone who was shielding and would like a flu vaccine, please call us and we will arrange an appointment.

Details of clinics for 55 – 64 year olds are on page two.

Shielding in Tier 4

Taken from the Scottish Government Website. (18/11/2020)

Minimise contact with people outside your own household if you can. You should not take public transport.

Shopping

Strictly follow the guidelines when shopping and limit the number of times you go to a shop. Shop at quieter times.

If you cannot work from home

The majority of workplaces can be made safe. If you have any concerns you should discuss these with your employer.

However, at this level the Chief Medical Officer will issue a letter which is similar to a fit note and which will last for as long as your area is under Level 4 restrictions. This letter can be used in the few cases where it is not possible to make your workplace safe.

Please note that this does not automatically mean you should not attend work. You should discuss this further with your employer, and if this results in adequate protection, you can continue to work.

Flu Clinics Aged 55 – 64 Year Olds

We are still waiting on confirmation to provide these clinics for patients aged 55 – 64 year old from the Scottish Government.



We are waiting on the stock of vaccines to be released. Once we have confirmation of the vaccines arriving in the practice we will be notifying all patients eligible for a vaccine and running our clinics in the same format for other patients. Monday – Friday 0900 – 0930 and 1400 – 1430 respectively. We will also arrange 'mop up' clinics for those unable to attend their appointment.



Taking ANTIBIOTICS when you don't need them puts you and your family at risk



ANTIBIOTICS DON'T WORK FOR

- Colds
- Flu
- Vomiting
- Most coughs
- Most ear infections
- Most sore throats
- Most diarrhoea
- Most cystitis

**TAKE YOUR PHARMACIST'S
ADVICE**

ANTIBIOTICS ARE NEEDED FOR

- Serious bacterial infections including:
- Sepsis
- Pneumonia
- Urinary tract infections
- Sexually transmitted infections like gonorrhoea
- Meningococcal meningitis

**TAKE YOUR DOCTOR'S
ADVICE**

Keep  Working



MACMILLAN @WEST LOTHIAN

We know it might be a lonely & stressful time for people affected by cancer just now as most of us stay at home & practice social distancing to stay safe. We're still available via email, phone & zoom to support you, and even just to talk about what you're going through.

For cancer information, support, or just someone to talk to contact us today on 01506 283053 or email MacmillanWestLothian@westlothian.gov.uk

[Click here for details on Tier 4 Restrictions](#)

CALL MIA

MINOR INJURY ASSESSMENT



0300 790 6267
8am – 8pm

**FOR VIDEO
CONSULTATION**

NHS Lothian now provides a **Minor Injury Assessment** by video call. This can help patients aged 8 years and over with an injury less than 14 days old.

Get advice quickly and safely for injuries including:

- ▶ strains, sprains and suspected broken bones of arms and legs
- ▶ wounds and minor burns
- ▶ damage to joints, ligaments, muscles, nerves and tendons
- ▶ minor bumps to head and face
- ▶ simple eye injuries
- ▶ insect bites and stings

Call **0300 790 6267** to arrange a confidential consultation with a Minor Injuries Nurse Practitioner.

You might be able to treat the injury at home or with help from a local pharmacy.

If you need to attend the minor injury service, for further examination or treatment, you will be given a convenient appointment.

services.nhslothian.scot/CallMIA

**We care about people and helping
you get the right care in the right place**



Transform Craigshill

Please find the link below for the Craigshill Community Survey, who would like to get as wide a spread of views across age ranges and demographics of the impact of COVID 19 within the Craigshill Community.



www.surveyhero.com/s/4505ad4

This information will help them update the current Transform Craigshill Community led Action Plan.

Thank you in advance from the Transform Craigshill Team.

Festive Holidays

The practice will be closed on the following days:

- Friday 25th December
- Monday 28th December 2020
- Friday 1st January 2021
- Monday 4th January 2021

If you have a medical emergency that cannot wait until we reopen, please contact NHS 24 on 111.

NHS inform

Health information you can trust

Looking for information on medical conditions, answers to common health questions, how to find local health services and much more.

Visit Scotland's National Health Information Service at:

www.nhsinform.co.uk

or call **0800 22 44 88** (8am - 10pm)



facebook.com/nhsinform



@nhsinform