



Uppingham Surgery

RUTLAND HEALTH PRIMARY CARE NETWORK

For everyone's safety,

If you are experiencing symptoms of a respiratory illness, please wear a face covering in the surgery.

Some of the symptoms may include:

- A cough – you may bring up mucus(phlegm)
- Sneezing
- A stuffy or runny nose
- A sore throat
- Headaches
- Muscle aches
- Breathlessness, tight chest or wheezing
- A high temperature