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**Coronavirus (COVID-19)**

**Advice in your region**

[England](https://www.nhs.uk/conditions/coronavirus-covid-19/) | [Scotland](https://www.nhsinform.scot/coronavirus) | [Wales](https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/) | [Northern Ireland](https://www.publichealth.hscni.net/news/covid-19-coronavirus) | [Ireland](https://www2.hse.ie/coronavirus)

**Get the latest NHS information and advice about coronavirus (COVID-19), a new illness that affects your lungs and airways.**

[**Check if you have coronavirus symptoms**](https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/)

Find out about the main symptoms of coronavirus and where to get medical advice if you think you have them.

[**What to do if you or someone you live with has symptoms of coronavirus**](https://www.nhs.uk/conditions/coronavirus-covid-19/what-to-do-if-you-or-someone-you-live-with-has-coronavirus-symptoms/)

Advice about not leaving your home (self-isolation) and looking after yourself if you or someone you live with has symptoms.

[**People at higher risk from coronavirus**](https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk-from-coronavirus/)

Advice for people at higher risk from coronavirus, including older people, people with health conditions and pregnant women.

[**Coronavirus in children**](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-in-children/)

Advice about symptoms of coronavirus in children, including when to get medical help if your child seems unwell.

[**Staying at home to avoid getting coronavirus**](https://www.nhs.uk/conditions/coronavirus-covid-19/staying-at-home-to-avoid-getting-coronavirus/)

Advice about staying at home to avoid getting coronavirus, including when you can leave your home and how to get medical help.

[**Help the NHS respond to coronavirus**](https://www.nhs.uk/conditions/coronavirus-covid-19/help-the-nhs-respond-to-coronavirus/)

Find out what you can do to help the NHS respond to the spread of coronavirus.

[**Links to more information about coronavirus**](https://www.nhs.uk/conditions/coronavirus-covid-19/links-to-more-information-about-coronavirus/)

Links to government advice, information for health professionals and advice for other parts of the UK.

[The Que](https://www.elmhurstpractice.co.uk/index.aspx?pr=F86064)en Mary Practice

[South Woodford Health Centre  
114 High Road  
London, E18 2QS  
**Tel: 020 8491**](https://www.elmhurstpractice.co.uk/contact1.aspx?p=F86064)  3303

* + [**Doctors**](https://www.elmhurstpractice.co.uk/staff1.aspx?t=1)
  + [**Nursing Team**](https://www.elmhurstpractice.co.uk/staff1.aspx?t=2)
  + [**Practice Team**](https://www.elmhurstpractice.co.uk/staff1.aspx?t=3)
  + [**Healthcare Team**](https://www.elmhurstpractice.co.uk/staff1.aspx?t=4)

**The surgery address and telephone numbers**

**Noticeboard**

**If you receive a letter or text advising you to shield for 12 weeks please adhere to this for your own safety. See list below.**

At Very High Risk (Groups) for Shielding 12 weeks

People with a solid organ transplant such as a kidney or liver transplan

People with specific cancers:

People with cancer who are undergoing active chemotherapy or radical radiotherapy for lung cancer

People with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment

People having immunotherapy or other continuing antibody treatments for cancer

People having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors

People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs

People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe COPD. See below. •

People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell) •

People on immunosuppression therapies sufficient to significantly increase risk of infection •

People who are pregnant with significant congenital heart disease • All patients on the following medications: Azathioprine, Mycophenolate (both types), Cyclosporin, Sirolimus, Tacrolimus.

IF shielding- Stay at home at all times and avoid any face-to-face contact for at least twelve weeks.

**NEW PHONE SYSTEM**

**We have had a new telephone system installed. Please note that ALL calls are now recorded for training and quality purposes.**

**Try the new NHS App**

If you’re a patient at our practice you can now use the new NHS App, a simple and secure way to access a range of NHS services on your smartphone or tablet. You can use the NHS App to check your symptoms and get instant advice, book appointments, order repeat prescriptions, view your GP medical record and more. If you already use [www.patientaccess.com](http://www.patientaccess.com/) you can continue to use it. You can use the NHS App as well.

For more information go to [www.nhs.uk/nhsapp](http://www.nhs.uk/nhsapp)

**Out of area registration scheme**

**The out of area registration scheme launched by the government is voluntary and this practice has chosen to participate in this scheme. This means we are  able to register patients living outside our catchment area, however this is discretionary and may not be appropriate for all patients. Please speak to one of our receptionists for more information**

**Coronavirus**

**Find out what you can do if you’re struggling because of coronavirus (COVID-19) - GOV.UK**

By clicking on the link below, you will be able to find out what help you can get if you’re affected by coronavirus. You can use it for yourself or someone else. You can find information about:

* feeling unsafe
* going in to work
* paying bills or being unemployed
* getting food
* having somewhere to live
* mental health and wellbeing

[**Click here for the latest government support available during the Covid-19 pandemic**](https://www.gov.uk/find-coronavirus-support)

[**Coronavirus (Covid-19): An Easy Read Guide**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874281/COVID-19_easy_read.pdf)

[**Contact NHS 111 online here**](https://111.nhs.uk/covid-19)

[**Covid-19 household isolation advice in English, عربى, বাংলা, 普通话, français, ગુજરાતી, Polskie, ਪੰਜਾਬੀ, اردو**](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance)

**Guidance for Parents**

**Please** [**click here**](https://www.rcpch.ac.uk/sites/default/files/2020-04/covid19_advice_for_parents_when_child_unwell_or_injured_poster.pdf)**for information**

**Ramadhan during Coronavirus Pandemic**

**We want to ensure our patients have the most up to date information during Ramadhan. Please** [**click here**](https://www.elmhurstpractice.co.uk/website/F86064/files/Ramadan%20Information%202020%20Final%20230420.pdf)**for detailed information.**

**Get an isolation note**

Use this service if you need a note for your employer because you have to stay at home because of coronavirus <https://111.nhs.uk/isolation-note/>

**High Risk of COVID-19 Letter for employer**

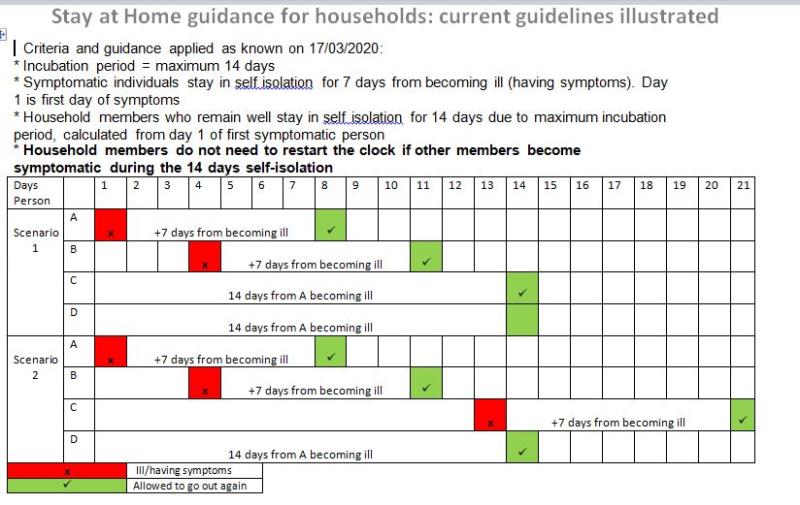
if you are in a high risk group and need to provide your employer with a letter regarding your high risk status please use this [Letter to Employer](https://www.elmhurstpractice.co.uk/website/F86064/files/LMC%20letter%20to%20employer%20Re%20High%20Risk%20-%20covid%2019.pdf) which you will need to complete.

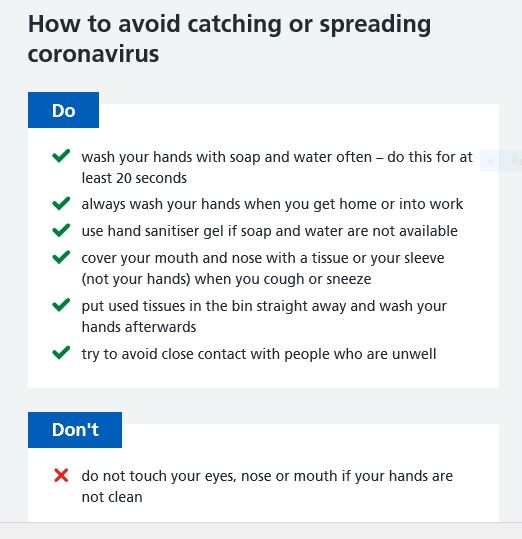
**Redbridge Council Update**

Redbridge Council have produced an update for Redbridge residents which you can find [**here**](https://healthbridgedirect.us9.list-manage.com/track/click?u=7e2a7f0e0417d70fbb8238aa1&id=3c5555a07c&e=6e0baba504).  It includes information about the “Redbridge joins together” local community group, and the new well-being service they are establishing to support those at highest risk.

You can also access information for Redbridge Coronavirus information hub [here](https://www.redbridge.gov.uk/coronavirus-information-hub/) *(this link will open in a new window - popups must be allowed)*

**New NHS text service launched**A new service was launched on Saturday where new patients who register their Covid-19 symptoms and contact details with the 111 online service will receive daily texts from the NHS. The messages will check how people are and ensure that those who need help to get them through the isolation period receive it. The text messages will be sent as a reassurance to those who contact NHS 111 online, complete the assessment, and leave basic information such as their age, mobile number and when their symptoms started. 





[](http://www.nhs.uk/111/)[](http://www.nhs.uk/)[](https://www.mysurgerywebsite.co.uk/)| [Edit](https://www.elmhurstpractice.co.uk/info_form.aspx?p=16) | [Staff Home](https://www.mysurgerywebsite.co.uk/secure/gpindex.aspx?pr=F86064) | [Sit](https://www.elmhurstpractice.co.uk/site-map.aspx?pr=F86064)

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Google Translate

**Original text**

Contribute a better translation