

### **I am now self-isolating do I need a sick note from the GP?**

No you do not. You can self-certify by using the official government isolation note which you can access [here](#).

### **I think I'm high risk so should I go to work?**

You can find the official government criteria for self-isolation [here](#). If you do not fit any of these criteria but feel that you should not be travelling to work then you should discuss this openly with your employer. This is a decision you have to make together with your employer. We as your GP cannot make this decision for you.

### **I need a prescription but I can't get into the surgery? The pharmacy has closed what do I do?**

We are sending all our prescriptions electronically to the pharmacies. If you have not already signed up for electronic prescribing you will be asked to do so. If a pharmacy closes because of staff shortages or illness we will direct your prescriptions to another site. If you are staying at home a well family member or friend can collect your prescriptions for you and the local pharmacies are doing home deliveries where possible.

### **I want to order an inhaler in case I become unwell?**

We are only issuing inhalers to patients who have used one in the last 12 months. If this is not you then please do not ask for inhalers on prescription as we need to supply them to the patients that do need them.

### **Do I need a rescue pack of antibiotics?**

We will not be issuing rescue packs of antibiotics or steroids at this time. If you feel you have an exacerbation (worsening) of your chest condition, call the surgery during office hours.

### **I think I have Covid, what do I do?**

Stay at home. If you develop a cough or a fever go online or call 111 and if you are directed back to the surgery we will give you the most appropriate treatment.

### **My implant or coil has run out and I can't get it changed. What should I do about my contraception?**

We have had new guidance which tells us that the implant will work for 4yrs instead of 3yrs and the Mirena coil for 6yrs instead of 5yrs. So if you are within this time frame then do not worry. If you have a Copper coil or any other coil that has run out then do not rely on this for contraception and please use condoms. If you are still worried and want alternative contraception then arrange to speak to a nurse or GP.

### **I am due my DEPO. Can I still have it?**

Yes, we are still continuing with DEPO injections and will arrange these in the usual way. If you do not want to come to the surgery then arrange to speak to a nurse or GP so we can offer you alternative contraception.

### **I'm due a smear. Will it go ahead?**

We are only continuing with high risk urgent smears that need to be repeated within 6 to 12 months and will arrange these in the usual way. All routine smears will stop for the time being.

### **I am due an essential injection - e.g. B12, Prostag, Aranesp, Clopixon, Testosterone – will I still get it?**

Yes, we are continuing with all of these and will arrange them in the usual way. If you think that you could give yourself any of these injections then do let us know.

### **Can I still have my routine injections – e.g. flu, pneumococcal, shingle?**

We will continue with flu and pneumococcal injections and arrange them in the usual way. Any other routine injections will be stopped.

### **My baby is due their immunisations. Will these still go ahead?**

Yes, we are continuing with all baby immunisations and will arrange them in the usual way.

### **I need a wound or leg dressing. What should I do?**

We are continuing with these at the surgery for now but if you can change the dressings yourself or live with someone else who can do this for you then please let us know and we will give you a prescription for the dressings.

### **I need my ears syringed what should I do?**

We are not doing any ear syringing so please use olive oil or arrange this yourselves through a high street provider e.g. [Boots](#).