

MOORE STREET SURGERY

TEL: 0151 944 1066

www.moorestreetsurgery.nhs.uk

FAX : 0151 933 4715

February 2022

Please note: The surgery will be closed from 12:30pm on Wednesday 9th February for staff training.



IMPORTANT NOTICE - COVID 19

If you have symptoms associated with COVID-19 including a **new continuous cough, a high temperature or loss or change to your sense of smell or taste**, you are advised to self-isolate for at least **10 days**. (You may also be able to leave self-isolation after 5 full days if certain conditions are met)

PLEASE DO NOT COME TO SURGERY. Please stay at home, self-isolate, book a PCR test and ring 111 or us for advice.

Covid-19 Virus Latest Update

The team at Moore Street Surgery is currently experiencing a high volume of calls from people who need urgent help and advice. The high rates of community transmission of the Covid virus, coupled with the growing numbers of people being admitted to hospital, mean the whole of the NHS across the North West region is under pressure.

For this reason, it is taking us longer than we would like to respond to calls and we are having to ask people who have less urgent health needs to wait a bit longer for an appointment. We are continuing to prioritise urgent cases. If your condition is not as urgent, we would ask that you look at the other options available for accessing NHS services e.g.

- Following self-care advice where you can from www.nhs.uk
- Using your local pharmacy for expert help and advice for every-day conditions
- Using online services where you can request repeat prescriptions via the NHS app or your practice patient online service
- Seeking support and advice from NHS 111 online to direct you to the best service for your needs if you're not sure what to do.

Thank you for your support and your patience.

Self-Isolation Rules Have Changed

From Monday 17 January, people with COVID-19 in England can end their self-isolation after 5 full days, as long as they test negative on day 5 and day 6. For more information visit:

<https://www.gov.uk/government/news/self-isolation-for-those-with-covid-19-can-end-after-five-full-days-following-two-negative-lfd-tests>



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“Cervical screening saves lives” says national campaign

The Department of Health and Social Care, together with NHS England and NHS Improvement, are launching a Help Us Help You – Cervical Screening Campaign, to highlight the benefits of cervical screening and remind people that that it can help stop cancer before it starts. The campaign encourages those eligible for screening - women and people with a cervix aged 25-64 - to respond to their cervical screening invitation letters and to book an appointment at their GP practice if they missed their last one.

Two women die every day from cervical cancer in England.¹ Yet it is one of the most preventable cancers and getting screened can help stop it before it starts. Screening checks for certain types of the HPV virus that can cause cell changes to your cervix. Cell changes are easily treated and this prevents cervical cancer.

For more information, visit www.nhs.uk/cervicalscreening



Sexual Abuse and Sexual Violence

Awareness Week (7th February)

7TH - 13TH FEBRUARY 2022

#ITSNOTOK

Organisers hope the nationwide week-long series of events, hosted by local organisations, will spread the message that any form of sexual abuse and sexual violence is unacceptable.

The week aims to generate discussion among the general public, statutory bodies and third sector organisations about how sexual abuse and sexual violence is not ok, it aims to empower victims and send out a clear message that the UK collectively will be saying 'It's Not Ok'.

Tinnitus Awareness Week (7th February)

Tinnitus is the name for hearing noises that are not caused by sounds coming from the outside world. It's common and not usually a sign of anything serious. It might get better by itself and there are treatments that can help.

Tinnitus can sound like; ringing, buzzing, whooshing, humming, hissing, throbbing, music or singing. You may hear these sounds in 1 or both ears, or in your head. They may come and go, or you might hear them all the time.

See a GP if; you have tinnitus regularly or constantly, your tinnitus is getting worse, your tinnitus is bothering you – for example, it's affecting your sleep or concentration, or is making you feel anxious and depressed. you have tinnitus that beats in time with your pulse.

For more information visit <https://www.nhs.uk/conditions/tinnitus/>

Contact Details

Can we please remind all patients to ensure the surgery has your up to date name, number and address. This will make it easier for us to contact you when necessary.

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Rare Disease Day (28th February)



Rare Disease Day is the official international awareness-raising campaign for rare diseases which takes place on the last day of February each year. The main objective of the campaign is to raise awareness amongst the general public and decision-makers about rare diseases and their impact on patients' lives. A disease is rare when it affects fewer than 1 in 2000 people.

For more information visit <https://www.rarediseaseday.org/>

Children's Mental Health Week (7th February)



50% of those with lifetime mental health problems first experience symptoms by the age of 14.

This #ChildrensMentalHealthWeek, @Place2Be is shining a spotlight on the importance of children and young people's mental health.

Learn more at childrensmentalhealthweek.org.uk

National HIV Testing Week (7th February)

National HIV Testing Week is a campaign to promote regular testing among the most-affected population groups in England. Regular testing helps to reduce the number of people living with undiagnosed HIV and those diagnosed late.

Testing for HIV is quick and easy, all it takes is a finger-prick test.



- People can live with HIV for a long time without any symptoms, testing is the only way to know your HIV status.
- If you have HIV, finding out means you can start treatment, stay healthy and avoid passing the virus on to anyone else.
- There are many ways to test – at a sexual health clinic, your GP, through HIV and sexual health charities or by ordering a test online.
- Anyone diagnosed with HIV in the UK can access free treatment and support.

Testing is free, quick and easy – you can even test from home. To order a home test or to find out if you a due a test visit <https://freetesting.hiv/>