

Coronavirus (Covid-19) update

Unfortunately the number of people affected by the coronavirus causing Covid-19 is increasingly rapidly and this new virus is taking a foothold within our community.

At Granta Medical Practices we have a dedicated Covid emergency team who are meeting daily to discuss how we can continue to provide the best possible care for our patients.

As a practice we are fortunate in having both multiple sites and a large team of people, including those with experience of managing this sort of situation. This gives us options for delivery of care that are not open to many practices during any epidemic.

Up to date information:

At a national level the Public Health England website <https://www.gov.uk/government/organisations/public-health-england> and NHS UK website <https://www.nhs.uk/conditions/coronavirus-covid-19/> provide up to date information about the national situation and plans, and health advice.

At Granta we will be keeping our website www.grantamedicalpractices.co.uk updated regularly to reflect the local situation and our actions at Granta, along with our social media accounts. We may also use SMS messaging to mobile phones to communicate any urgent messages. Please let us know if you have changed your mobile number or have one that you haven't yet told us about.

Prioritisation:

The current evidence is that for the vast majority of the population the Covid-19 virus is a mild illness which can be safely managed at home with rest, paracetamol and fluids just like a normal flu-like illness. However, for those with significant other medical problems and for the elderly it can be more serious.

With this in mind we have postponed all face to face GP appointments and some routine nurse appointments. This is for both our patient's safety and the safety of our staff. Instead we are now offering an enhanced telephone service and also a non-urgent dedicated email address, capccq.covid19.gmp@nhs.net, 8am to 6pm Monday to Friday. We are working hard to make sure that those who are housebound will continue to receive their medications.

As a community we can help each other – both by following the advice given and by helping look after those who may need help within our communities. If you are able to volunteer to help out in your immediate area, please email your details to granta.socialnavigator@nhs.net

Practical advice:

First and foremost is the need to wash your hands on a regular basis – warm water and soap for at least 20 seconds. This alone will help slow down the spread of the virus and help protect you, your family and our community. Facemasks are not advised – and of very limited or no practical benefit.

Dr James Morrow, Managing Partner
16th March 2020