

GREYSTOKE GAZETTE

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Covid 19 information



As the winter months carry on we continue to provide as full a service as we can. Thank you for your ongoing patience with us. We have had staff members away from work due to the need for self isolation.

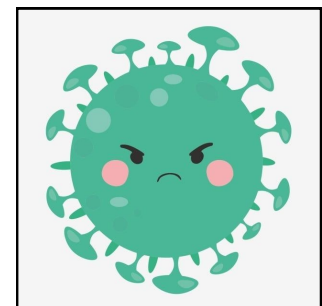
We are pleased to report that we have had a significant uptake on invites for the annual flu vaccination

campaign and lots of positive feedback from patients with regards to the way in which our flu clinics have worked. Thank you for this feedback as it is so important to us given the current situation and the challenges of working and a big thank you to the dedicated flu team at Greystoke who have been behind the scenes organising these clinics.

Currently the situation and prevalence of Covid 19 remains high in our area, though there are signs that due to the recent restrictions, the rate of infections might be dropping. We are continuing to monitor the situation and we hope that these restriction will be eased sooner rather than later. A few weeks ago, a number of patients reported difficulties in getting a Covid test but we are pleased to report that this situation appears to be improving.

The surgery continues to face significant pressures with catching up following lockdown and we expect these pressures to continue for a number of months but will endeavour to maintain the high quality service we provide.

Thank you for your patience and your support during this challenging time.



Vitamin D

In spring and summer, most of us get enough vitamin D from sunlight on our skin and a healthy, balanced diet. During autumn and winter (from October until the end of March) the sun isn't strong enough in the UK to produce vitamin D. That means we have to rely on getting it just from the food we eat. Because it's difficult to get enough vitamin D from food alone, many of us risk not getting enough. Taking a supplement helps to keep levels of the vitamin topped up during the colder months.

Public Health England advise that adults and children over the age of four should consider taking a daily supplement containing 10mcg of vitamin D, particularly during autumn and winter. Vitamin D supplements are widely available from supermarkets and chemists.

People who have a higher risk of vitamin D deficiency are being advised to take a supplement all year round. The at-risk groups include people whose skin has little or no exposure to the sun, like those in care homes, or people who cover their skin when they are outside. People with dark skin, from African, African-Caribbean and South Asian backgrounds, may also not get enough vitamin D from sunlight in the summer. They should consider taking a supplement all year round as well.

It is recommended that children aged one to four years should have a daily 10mcg vitamin D supplement all year round. As a precaution, all babies under one year should have a daily 8.5-10mcg vitamin D supplement to make sure they get enough.

Vitamin drops are available for babies. Your health visitor can tell you where to get them. These are available free to low-income families through the Healthy Start scheme. However, babies who have more than 500ml (about a pint) of infant formula a day don't need a vitamin D supplement as formula is already fortified.

