

Hucclecote Surgery

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Dr Paul Hodges & Partners

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Summer is coming....

For more information about summer health care visit: www.nhs.uk

Don't let hay fever spoil your summer!

Did you know you don't need to see your GP for hay fever treatment.

Hay fever and seasonal allergy treatments such as tablets, eye drops and nasal sprays are all easily available at low cost from your local pharmacy – no prescription from your GP required!

Antihistamines are usually the best treatment for hay fever and these can easily be bought from local pharmacies or supermarkets. Buying a packet of 30 tablets can cost as little as £2, but if a patient goes to their GP to get a prescription then it costs the NHS considerably more.

By going to the pharmacy you'll be saving yourself time and money, freeing up GP appointments for people with more urgent needs as well as doing your bit to help the NHS save money on unnecessary prescription costs.

Top tips to help ease hay fever symptoms:

- Keep house and car windows closed, especially when the pollen count is high (early morning between 7am to 9am and evenings between 5pm and 7pm)
- Avoid large grassy areas, woodland, cutting the grass and car fumes
- Wear wrap-around sunglasses
- Use petroleum jelly inside your nose to block inhalation of pollen
- Don't dry washing outside to avoid pollen sticking to your clothes
- When you get in from outside wash your hands, face, hair, rinse your eyes and change your clothes.

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- Spend time in the shade between 11am and 3pm
- Make sure you never burn
- Cover up with suitable clothing and sunglasses
- Take extra care with children
- Use at least factor 15 sunscreen
- Protect your eyes

To watch a video on 'How to apply sunscreen' visit: www.nhs.uk/livewell/skin/pages/sunsafer.aspx

PPG NEWS

Thank you to all patients who supported the 'How to Stay Safe & Independent' event on 26 April. It was a great success.

CALLING ALL STUDENTS GOING TO UNIVERSITY/COLLEGE IN SEPTEMBER

For more information visit: www.nhs.uk



1. MenACWY vaccine

If you have not already had the vaccination, please contact the surgery 01452 617295 to make an appointment as all 'fresher' students going to university/college for the first time are advised to have a vaccination to prevent meningitis and septicaemia (blood poisoning). The MenACWY vaccine is given by a single injection into the upper arm and protects against four different strains of the meningococcal bacteria that cause meningitis and septicaemia. Students are eligible up to their 25th birthday if they have not yet received this.

WHY HAVE IT? Cases of meningitis and septicaemia caused by a highly virulent strain of Men W bacteria have been rising since 2009. Older teenagers and new university/college students are at higher risk of infection because many of them mix closely with lots of new people, some of whom may unknowingly carry the meningococcal bacteria at the back of their noses and throats.

The MenACWY vaccine is highly effective in preventing illness caused by the four meningococcal strains.

2. Re-registering at a new GP surgery

When you move to your new university/college town/city please remember to re-register with a new GP surgery in the area (lots of universities/colleges have a health centre attached) and let us know you are leaving us. This way you can receive emergency care if needed and access health services quickly and easily whilst away from home. This is especially important if you have ongoing health conditions, particularly one that needs medication.

3. Mumps vaccination (MMR)

Universities/colleges also advise students to be immunised against mumps before starting their studies. The MMR vaccine is part of the routine NHS childhood immunisation schedule. This means most young people who have grown up in England would have received two doses of it in childhood. To be effective you must have received the two doses, if you are not sure you have had both doses please contact reception for a catch-up vaccination.

4. Get contraception

Even if you do not plan to be sexually active while you are a student, it is good to be prepared.

Contraception and condoms are free from any GP surgery (it doesn't have to be your own) or a family planning clinic.

5. Disabled Students' Allowance (DSA)

As a higher education student living in England you can apply for DSA if you have a:

- Disability
- Long term health condition
- Mental health condition
- Specific learning difficulty, such as dyslexia

More information is available at: www.gov.uk/disabled-students-allowances-dsas

Enjoy university and best of luck with your A-level examinations