

St Margaret's NEWS

May 2017



TRAVELLING ABROAD?

Collect a
form from
reception

Which vaccinations do I need to travel abroad?

You don't always need vaccinations to travel abroad. If you do, the recommended vaccinations will vary, depending on:

- which country you're visiting and, in some cases, which part of the country
- the season or time of year when you'll be travelling (for example, the rainy season)
- whether you'll be staying in a rural area, or an urban or developed area
- what you'll be doing during your stay, such as working in or visiting rural areas
- how long you'll be staying
- your age and health



Plan ahead

Get advice about vaccinations at least eight weeks before you're due to travel. If you do need new vaccinations, some jabs need to be given well in advance so that they can work properly.

You also need to make sure that your existing vaccinations for the UK are up to date, such as polio and tetanus. If they're not, you can arrange booster jabs. ***Ask in reception for our Travel Form.***



Where to get advice and information

See your Practice Nurse for advice about travel vaccinations. They can also tell you about protecting yourself from malaria. Alternatively, you can visit a local private travel vaccination clinic for your UK boosters and other travel jabs.

Read more detailed information about travel vaccinations, including those available on the NHS and those you have to pay for at.....

www.fitfortravel.nhs.uk



Join us in our appreciation of our Nurses on International Nurses Day



They truly are the unsung heroes, and we owe a lot to their kind care. Without them, the medical system would not work. They look after our loved ones; they care for and look after those who don't have any loved ones to be there for them. They sacrifice a lot of themselves for the care of others and their work is often unnoticed. These people are courageous and resilient. They will never ask for the acknowledgement that they deserve, so, next time you receive care from a nurse or health care assistant, please don't forget to say thank you. They probably will not be expecting it, but it can make a world of difference.

The hay fever season is underway earlier than usual thanks to the recent mild conditions bringing trees into bloom.

Before going to see your GP, you could visit your pharmacist and try to treat your hay fever symptoms with over-the-counter medications, such as antihistamines.



Make an appointment to see your GP if your symptoms don't improve after using antihistamines.

Only Order  What You Need
www.medicinewaste.com

In February we prescribed **10,187** items at our surgery at a cost of **£98,365.42**



●●●●●●●●●●
April DNA's
21 Doctors' Appointments
11 Nurses' Appointments
missed



Please ensure you order your repeat medication in time for the bank holiday closure



CLOSED

We have a protected learning day at the practice which is part of the Solihull NHS planned calendar of training events. We will therefore be **CLOSED** from 1pm on Wednesday 17th May and will reopen as normal at 8.30am on Thursday 18th May.

And finally...

Please visit our website www.stmargarets.gpsurgery.net or 'like' us on Facebook to keep up-to-date with current topics.

Your health is our concern, but it's your responsibility