

Woodcock Road surgery Newsletter

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We have made some improvements to the way we send appointment text reminders. If we have your mobile telephone number, you will receive a text confirming your appointment at the point it is arranged. You will also receive a reminder text 1 day before your appointment time.



If you are unable to make this appointment you can reply with the word CANCEL - you will need to contact us or book online if you wish to re-arrange the time of your appointment.




We are also able to send other information to you by text such as reminders about your flu jab, to book a blood test and so on. We hope that you will find this helpful.

MEASLES

**Think you have measles?
Please inform reception staff
immediately!**

You can then be seen in a separate
room and stop the infection
spreading to others.

Measles symptoms:
high fever; sore, red, watery
eyes; cough; aching and feeling
generally unwell; a blotchy red
brown rash.

 **immunisation**

The safest way to protect children and adults

Measles symptoms

Symptoms of measles generally first appear within 10 to 12 days of exposure to the virus. They include:

- [cough](#)
- [fever](#)
- [runny nose](#)
- [red eyes](#)
- [sore throat](#)

[white spots inside the mouth](#)

A widespread [skin rash](#) is a classic sign of measles. This rash can last up to 7 days and generally appears within 14 days of exposure to the virus. It commonly develops on the head and slowly spreads to other parts of the body.

Measles causes

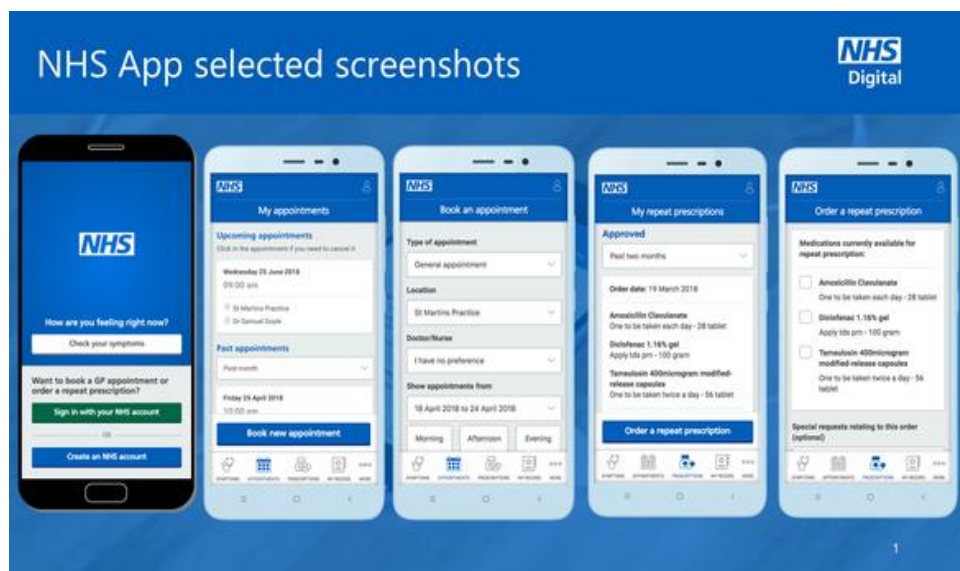
Measles is caused by infection with a virus from the paramyxovirus family. Viruses are tiny parasitic microbes. Once you've been infected, the virus invades host cells and uses cellular components to complete its life cycle.

The measles virus infects the respiratory tract first. However, it eventually spreads to other parts of the body through the bloodstream.

Measles is only known to occur in humans and not in other animals. There are 24 Trusted Source known genetic types of measles, although only 6 are currently circulating.

NHS App

The new, simple and secure way to access a range of NHS services on your smartphone or tablet.



What the NHS App does

Use the NHS App to:

- check your symptoms
- find out what to do when you need help urgently
- book and manage appointments at your GP surgery
 - order repeat prescriptions
- view your GP medical record securely
 - register to be an organ donor
 - choose how the NHS uses your data



Check which features you can use

We're rolling out the NHS App gradually across England now. Most surgeries will be connected by 1 July 2019.

You can check if your GP surgery is connected when you open the app for the first time. If it's not, you can register your email address, and we'll notify you when they go live. Alternatively, you can check our list of surgeries that are already connected below.

If your surgery is not connected, you can still download the app and use it to check your symptoms and find out what to do when you need help urgently.

Information:
Connected GP surgeries

The GP surgeries listed in the file below are now connected and provide patients with all functions of the NHS App.

[NHS App Connected Surgeries](#) (OpenDocument Spreadsheet, 114 KB)

List last updated 15 May 2019.

Keeping your data secure

When your surgery is connected, and you register in the app, we'll carry out checks to confirm your identity. The app will then securely connect to information from your GP surgery. To keep your access secure, we'll send a security code to your phone each time you use the app.

Get help with the app

If you have any issues using or downloading the app, check the [NHS App help and support page](#).





The 11th Norwich Pride is on Saturday 27th July 2019

Norwich Pride is a celebration from the LGBT+ community for everyone. Our vision is to turn Norwich into a rainbow. Our mission is to ensure that we live in a city where everyone can feel safe and proud to be themselves. Norwich Pride is a grass-roots, do-it-yourself celebration organised by a group of friendly, creative LGBT+ volunteers and their straight allies.



What Are Sunscreens?

Sunscreens are products combining several ingredients that help prevent the sun's ultraviolet (UV) radiation from reaching the skin. Two types of ultraviolet radiation, [UVA and UVB](#), damage the skin, age it prematurely, and increase your risk of skin cancer.

UVB is the chief culprit behind sunburn, while UVA rays, which penetrate the skin more deeply, are associated with wrinkling, leathering, sagging, and other light-induced effects of aging ([photoaging](#)). They also exacerbate the carcinogenic effects of UVB rays, and increasingly are being seen as a cause of skin cancer on their own. Sunscreens vary in their ability to protect against UVA and UVB.

What Is SPF?

Most sunscreens with an SPF of 15 or higher do an excellent job of protecting against UVB. SPF — or Sun Protection Factor — is a measure of a sunscreen's ability to prevent UVB from damaging the skin. Here's how it works: If it takes 20 minutes for your unprotected skin to start turning red, using an SPF 15 sunscreen theoretically prevents reddening 15 times longer — about five hours.

Another way to look at it is in terms of percentages: SPF 15 filters out approximately 93 percent of all incoming UVB rays. SPF 30 keeps out 97 percent and SPF 50 keeps out 98 percent. They may seem like negligible differences, but if you are light-sensitive, or have a history of skin cancer, those extra percentages will make a difference. And as you can see, no sunscreen can block all UV rays.

But there are problems with the SPF model: First, no sunscreen, regardless of strength, should be expected to stay effective longer than two hours without reapplication. Second, "reddening" of the skin is a reaction to UVB rays alone and tells you little about what UVA damage you may be getting. Plenty of damage can be done without the red flag of sunburn being raised.

Who Should Use Sunscreen?

Anyone over the age of six months should use a sunscreen daily. Even those who work inside are exposed to ultraviolet radiation for brief periods throughout the day, especially if they work near windows, which generally filter out UVB but not UVA rays.

Children under the age of six months should not be exposed to the sun, since their skin is highly sensitive to the chemical ingredients in sunscreen as well as to the sun's rays. Shade and protective clothing are the best ways to protect infants from the sun.

What Type of Sunscreen Should I Use?

The answer depends on how much sun exposure you're anticipating. In all cases we recommend a broad-spectrum sunscreen offering protection against both UVA and UVB rays.

Many after-shave lotions and moisturizers have a sunscreen (usually SPF 15 or greater) already in them, and this is sufficient for everyday activities with a few minutes here and there in the sun. However, if you work outside or spend a lot of time outdoors, you need stronger, water-resistant, beachwear-type sunscreen that holds together on your skin. The "water resistant" and "very water resistant" types are also good for hot days or while playing sports, because they're less likely to drip into your eyes when you sweat. However, these sunscreens may not be as good for everyday wear. They are stickier, don't go as well with makeup, and need to be reapplied every two hours.

Many of the sunscreens available in the UK today combine several different active chemical and physical sunscreen ingredients in order to provide broad-spectrum protection. Usually, at least three active ingredients are called for. These generally include PABA derivatives, salicylates, and/or cinnamates (octylmethoxycinnamate and cinoxate) for UVB absorption; benzophenones (such as oxybenzone and sulisobenzone) for shorter-wavelength UVA protection; and avobenzone, ecamsule (MexorylTM), titanium dioxide, or zinc oxide for the remaining UVA spectrum.

How Much Sunscreen Should I Use and How Often Should I put it on?

To ensure that you get the full SPF of a sunscreen, you need to apply 1 oz – about a shot glass full. Studies show that most people apply only half to a quarter of that amount, which means the actual SPF they have on their body is lower than advertised. During a long day at the beach, one person should use around one half to one quarter of an 8 oz. bottle. Sunscreens should be applied 30 minutes before sun exposure to allow the ingredients to fully bind to the skin. Reapplication of sunscreen is just as important as putting it on in the first place, so reapply the same amount every two hours. Sunscreens should also be reapplied immediately after swimming, toweling off, or sweating a great deal.