

# Practice Newsletter

## April 2021



### **COVID-19 Vaccine AstraZeneca**

**First doses for individuals 30 years of age and over and those who have underlying health conditions which put them at higher risk of severe COVID-19 disease.**

The benefits of prompt vaccination with the AstraZeneca COVID-19 vaccine far outweigh the risk of adverse events for individuals 30 years of age and over and those who have underlying health conditions which put them at higher risk of severe COVID-19 disease.

Therefore, for recipients in cohorts 1-9 aged 30 years and above who are scheduled to receive a first dose of AstraZeneca, vaccination should continue with consent obtained from the patient.

### **Second doses**

All those who have received a first dose of the AstraZeneca COVID-19 vaccine should continue to be offered a second dose of AstraZeneca COVID-19 vaccine, irrespective of age.

While the MHRA continues to investigate these cases, as a precautionary measure anyone that develops symptoms after vaccination is advised to seek prompt medical advice, such as:

- shortness of breath, chest or persistent abdominal pain, leg swelling
- blurred vision, confusion or seizures
- unexplained pin-prick rash or bruising beyond the injection site

Furthermore anybody with new onset of severe or persistent headache that does not respond to simple painkillers starting four days or more after vaccination should speak to their doctor.

Patients and healthcare professionals should continue to report any side effects from vaccines to the MHRA through the Coronavirus Yellow Card site <https://coronavirus-yellowcard.mhra.gov.uk/>

Administration of the COVID-19 Vaccine AstraZeneca in patients with a history of cerebral venous sinus thrombosis, acquired or hereditary thrombophilia, heparin-induced thrombocytopenia or antiphospholipid syndrome should only be considered when the potential benefit outweighs any potential risks. Patients who have experienced major venous and arterial thrombosis occurring with thrombocytopenia following vaccination with any COVID-19 vaccine should not receive a second dose of COVID-19 Vaccine AstraZeneca.

**Please remember due to social distancing we are only allowed limited numbers in our waiting area. Please try and attend appointments alone where possible.**

**Practice Closures** - Please note the practice is closed between 1pm-2pm every Monday and closed all afternoon from 12.30pm on the following dates for staff training: -

19<sup>th</sup> May 2021 and 17<sup>th</sup> June 2021

Would you like to sign up for newsletters by email or to receive letters from us by email instead of by post? You can also book appointments and order medications online too. Please speak to reception.

### **PeerTalk Gateshead.**

Peer Support Group for those living with depression, anxiety and related conditions. Every Monday 7pm – 8.30pm at Bensham Grove Community Centre, Sidney Grove, Bensham, Gateshead, NE8 2XD.

Just turn up...no need to book and it's free.

Find out more at 07719562617, [peertalk.org.uk](http://peertalk.org.uk), email – [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk)

Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

Symptoms of hay fever include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around your temples and forehead
- headache
- earache
- feeling tired

If you have asthma, you might also:

- have a tight feeling in your chest
- be short of breath
- wheeze and cough

Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

### **How to treat hay fever yourself**

There's currently no cure for hay fever and you cannot prevent it.

But you can do things to ease your symptoms when the pollen count is high.

#### **Do**

- put Vaseline around your nostrils to trap pollen
- wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you have been outside to wash pollen off
- stay indoors whenever possible
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- buy a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter

#### **Don't**

- do not cut grass or walk on grass
- do not spend too much time outside
- do not keep fresh flowers in the house
- do not smoke or be around smoke – it makes your symptoms worse
- do not dry clothes outside – they can catch pollen
- do not let pets into the house if possible – they can carry pollen indoors

Speak to your pharmacist if you have hay fever. They can give advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays.