



## Kensington Group Practice

DONEGALL ROAD AND FINAGHY  
Medical Centre

# Coronavirus update 1st May 2020

**We would be very keen to emphasise we remain available to provide support about medical concerns during the Covid-19 situation.**

***It is especially important that there is not a delay seeking appropriate medical support, especially amongst the young, elderly, and those with underlying medical conditions. Please contact us before attending the surgery.***

***If you have made arrangements to attend the surgery, but then become unwell with symptoms associated with Coronavirus, you must phone and let us know - as it may not then be appropriate to attend, but we can make alternative arrangements.***

***Everyone must help stop Coronavirus spreading. It is so important we do not become complacent in this regard.***

Only go outside for food, health reasons, work or one form of exercise a day  
If you go out, stay 2 metres (6ft) away from other people at all times  
Wash your hands as soon as you get home  
Do not meet others, even friends or family  
You can spread the virus even if you don't have symptoms.

[Further information here.](#)

*This is an interactive newsletter. Please click the pictures and links for further information.*



[PHA recommends daily Vitamin D supplement during lockdown](#)



Every hero needs a shield.  
Don't forget to give your child theirs.

HSC Public Health Agency  
For more information visit:  
[pha.site/babiesimmunisation](http://pha.site/babiesimmunisation)

### Immunisation for babies up to a year old

**Immunisation**  
the safest way to protect your child

Includes information about the meningitis B vaccination - make sure you have infant paracetamol at home before your baby's two month vaccine appointment.

### Immunisation

for babies just after their first birthday

**Immunisation**  
the safest way to protect your child

### Immunisation for pre-school children three years and four months old

**Immunisation**  
the safest way to protect your child

HSC MMR - Measles, Mumps and Rubella vaccination from Public Health Agency

Measles makes you feel miserable with fever, cough,

vimeo

"The two public health interventions that have had the greatest impact on the world's health are clean water and vaccines."  
World Health Organization

The Public Health Agency (PHA) is urging people who are invited for routine vaccinations to be aware that it is more important than ever to take up the opportunity during the COVID-19 pandemic.

### COVID-19 (coronavirus): Information for parents of newborn babies

Although the risks are very low, you may be concerned that your baby could get COVID-19. This factsheet tells you what to look out for and what to do if you're worried about your baby. **Do not delay** seeking help if you have concerns.

### Breastfeeding

It is ok to breastfeed even if you have suspected or are confirmed as having COVID-19.

[www.pha.site/bfsupport](http://www.pha.site/bfsupport)

Don't give up, reach out, there is support available.

HSC Public Health Agency

### Moodzone

Feeling stressed, anxious or depressed? NHS Choices Moodzone can help you on your way to feeling better

### Testing extended

HSC Public Health Agency

Northern Ireland to extend testing for coronavirus key workers

Spring cleaning safety tips and advice!

HOME ACCIDENT PREVENTION

