

STAY WELL THIS EASTER

Your guide to health services in mid Essex over the Easter bank holiday

GP OPENING HOURS

GP practices will be operating normal opening hours on Good Friday (10 April) and Easter Monday (13 April) for urgent consultation services.

If you think you have symptoms of coronavirus, please call 111 or go online to 111.nhs.uk/covid-19.

Do not visit your GP practice unless you are invited to do so.

To make sure you receive the most up-to-date guidance on symptoms, how to look after yourself and others and information on self-isolation and social distancing, please visit nhs.uk/coronavirus.

Learn about the government response to coronavirus on [GOV.UK](https://gov.uk).

Community Pharmacies

This Easter, all local pharmacies will be open on both bank holidays. Some pharmacies may have adjusted their usual opening times so we would advise you check before you travel. You can find your nearest pharmacy by visiting www.nhs.uk/service-search/find-a-pharmacy

During these unprecedented times and to help our community pharmacies cope under increasing pressure, we are asking patients and members of the public to:

- ▶ Avoid pharmacies if you are showing symptoms of COVID-19. If you have a dry, persistent cough, fever or shortness of breath, please avoid entering your local pharmacies as you would any other healthcare setting
- ▶ Be patient: All pharmacies are under immense pressure and working around the clock to ensure that you get what you need.
- ▶ Adhere to social distancing rules. If you have to go out stay at least 2 meters (3 steps) away from other people.
- ▶ Order medicines as normal: There is no need to stockpile medicines. Ordering extra prescriptions and buying more over the counter medicines than you need will contribute to disruption to the medicines supply chain, which is otherwise robust.

Feeling low or worried about Coronavirus

It is natural to feel anxious during time of uncertainty. Every Mind Matters have compiled a list of simple things you can do to maintain your mental wellbeing and deal with anxiety about the coronavirus (COVID-19) outbreak - www.nhs.uk/oneyou/every-mind-matters

Other support available:

Online mental health support: me.silvercloudhealth.com/signup/.

Samaritans: Call 116 123 free 24/7

For children and young people, free, safe and anonymous online counselling and can be accessed via Kooth – kooth.com

If you have been identified as being in a high-risk group, and are shielding, you may be eligible to receive support to help with food and essential supplies.

For more information please contact the Essex Welfare Service by visiting essexwelfareservice.or.uk/support-request, alternatively if you not have online access please call **0300 303 9988**

Over the bank holiday weekend, please be reassured that the NHS is still seeing patients who need it, if you have a non-Covid related health issue, it is important you still seek the appropriate medical attention, we can and will help you. If you have a life-threatening emergency it is important you call 999.



HM Government

NHS

CORONAVIRUS

**STAY HOME
TO HELP US
SAVE LIVES**

**IF YOU GO OUT,
YOU CAN SPREAD IT.
PEOPLE WILL DIE.**

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES