

THE AVENUES MEDICAL CENTRE NEWSLETTER

January 2020



Happy New Year to all our patients

10 FACTS



NHS
Hull University
Teaching Hospitals
NHS Trust

High temperature in children

- 1 A temperature is 'high', known as a **fever**, if it is above **38°C**
- 2 After **6 months** of age, we **don't worry** so much about a fever
- 3 A **fever** is the body's **natural response** to an infection
- 4 The **height** of a fever does **not** tell us how ill a child is (over 6 months of age)
- 5 Whether a fever **responds** to medicine or not does **not** tell us how ill a child is
- 6 If your child has a **temperature** but is **otherwise ok**, there is **no** need to give **medicines**. If your child is miserable, in pain or distressed, give paracetamol or ibuprofen. Treat your child, not the fever
- 7 Most infections do **not** need **antibiotics**
- 8 Make sure your child **drinks** plenty of **fluids**
- 9 Do **not** over or under dress your child. Do **not** sponge them down - this can make things worse

For more information:

Visit www.nhs.uk/conditions/fever-in-children
or Call NHS 111

10 SEEK URGENT MEDICAL ATTENTION IF

your child has a rash which does not go when pressed

OR they have mottled or blue skin

OR they are drowsy or not responding as normal

OR they have a stiff neck or cannot tolerate bright lights

OR they are having difficulty breathing

OR they have a seizure (fit)

OR they have a temperature and are under 6 months of age

The Avenues Medical Centre Newsletter

Please ensure that your mobile number is up-to-date, as the surgery is now using SMS text messages to contact you.

PRESCRIPTION E-MAIL: hullccg.prescriptions-b81035@nhs.net

**Telephone prescriptions are only taken by telephone between 2pm—5pm,
press option number 2**

**Did you know that you can book appointments
and
order repeat medication using the internet?
No more problems trying to get through to the
surgery.**

**Repeat medication can be ordered and
appointments made 24 hours a day, 7 days
a week when it is convenient for you to do so.**



Protected Time for Learning

The surgery will be closed from 12.30pm on Wednesday 15th

January 2020

If you require urgent medical assistance during this time please call 111

FLU SEASON 2019/20

**IF YOU ARE 65 AND OVER YOU ARE AUTOMATICALLY ELIGIBLE FOR A FLU
VACCINE.**

**PLEASE CONTACT THE SURGERY TO ARRANGE AN APPOINTMENT IN ONE
OF OUR FLU CLINICS.**