



Western Avenue Surgery

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Newsletter Date

January 2021 Newsletter

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Covid Vaccine Update

Please have a read of the information below related to current Covid events and how this is impacting the General Practice and patient access.

We have started to send our patients aged over 80 years to the Ealing Town Hall to get their first vaccine done. Patients are being sent in batches of 12 per practice to allow all practices in Ealing to send patients across. We have had two weeks of this already including this week and we hope for more appointments for this vaccine to be rolled out in the coming weeks. All the patients in this category are being called by a clinician to discuss consent and whether they would like to have the vaccine and discuss any side effects or suitability based on health conditions. Once consent has been given the patient is contacted by an admin member of the team to book an appointment. This is a slow process due to the way the Pfizer vaccine has to be stored and administered however, with the positive news of the Astra Zeneca vaccine being approved, we hope to work with the CCG to start vaccinating more patients and perhaps at GP surgery level, as this new vaccine can be stored on site in the GP surgery.

We advise patients to be very patient with us as we have to do all the checks with each patient before an appointment is offered. If you still have not been offered an appointment please do not worry, you will get one as we move on.

This is a very fluid situation so we need to work very quickly as things change on a daily basis.

Please see some information from Ealing CCG below:

Please don't contact your doctor or the NHS asking about vaccination; this is not a service that you are able to book in advance. The NHS will contact you when your turn comes in the months ahead. If you are contacted, please do attend the appointment. We would encourage those over 80 and in the government's priority list to be ready to accept their invite when called by their GP. In the meantime, it is vitally important that we all continue to follow the national public health guidance: wash your hands regularly, wear a face covering in enclosed spaces and maintain safe social distancing. Covid-19 is still very prevalent and highly infectious: the risk of catching it is the same as ever for people who have not been vaccinated.

For more information from the Covid website via the government please click below <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>

Enhancing your immune system through food

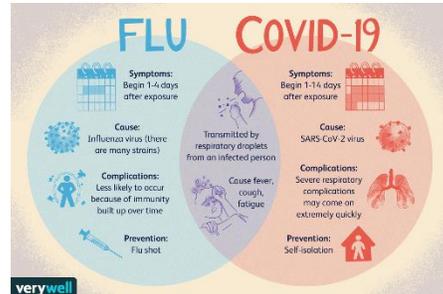
Modest amounts of a combination of these 5 essential vitamins and minerals will keep your body healthy.

- Vitamin C has antibodies which help fight against bacteria and infections. Try consuming more oranges, grapefruit, broccoli, strawberries, red bell peppers and tomato juice to get your fill of Vitamin C.
- Vitamin D is used to fight off infections as well as works to maintain strong bones. Find Vitamin D in salmon, mushrooms, fortified milk, cereals and breads.
- Vitamin A helps to regulate the immune system and protects against infections by keeping your tissues and skin healthy. Vitamin A can be found in foods such as sweet potatoes, carrots, apricots and spinach.
- Vitamin E is another essential antioxidant whose job is to fight cell damage. Plant based foods such as nuts and peanut butter are filled with vitamin E.
- Zinc works as an antioxidant and boosts the metabolism along with helping to heal wounds. Meat, shellfish, beans/legumes and nuts/seeds are high zinc foods.
- While it's generally considered safe to take a multivitamin, there's little evidence to suggest that taking high doses of certain vitamins and minerals individually will decrease your chances of getting sick. The best approach to preventing illness is to eat a diet that is high in fruits, vegetables, whole grains, heart healthy fats, and lean proteins to provide your body with the best variety of nutrients.

8 Super Foods To Boost Your Immune System



What is the difference between Influenza (Flu) and COVID-19?



The coronavirus (COVID-19) vaccine is safe and effective. It gives you the best protection against coronavirus.

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses.

There are some key differences between flu and COVID-19. COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer. Another important difference is there is a vaccine to protect against flu. There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come. The best way to prevent infection is to avoid being exposed to the virus. More information about differences between flu and COVID-19 is available in the different sections below.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and [testing](#) may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. This page compares COVID-19 and flu, given the best available information to date.

Who can get the COVID-19 vaccine?



The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus.

It's being given to:

- The vaccine is being offered in some hospitals and hundreds of local vaccination centers run by GPs.
- some people aged 80 and over who already have a hospital appointment in the next few weeks
- people who live or work in care homes
- health care workers at high risk

You will also need to be registered with a GP surgery in England. You can register with a GP you do not have one.

The vaccine will be offered more widely, and at other locations, as soon as possible.

Wait to be contacted:

The NHS will let you know when it's your turn to have the vaccine. It's important not to contact the NHS for a vaccination before then.

Letters are being sent out every week – you might not get your letter straight away.

Housebound residents will receive a Covid-19 vaccine within their own home or place of residence. A special 'roving team' of vaccinators is delivering the service to housebound residents.

The 'roving team' is made up of healthcare staff, GPs and nurses. The team will be fully equipped and will carry out vaccinations in the quickest and safest way possible.

How safe is the COVID-19 vaccine?

The vaccines approved for use in the UK have met strict standards of safety, quality and effectiveness set out by the independent Medicines and Healthcare Products Regulatory Agency (MHRA).

Any coronavirus vaccine that is approved must go through all the clinical trials and safety checks all other licensed medicines go through. The MHRA follows international standards of safety.

Other vaccines are being developed. They will only be available on the NHS once they have been thoroughly tested to make sure they are safe and effective.

So far, millions of people have been given a COVID-19 vaccine and reports of serious side effects, such as allergic reactions, have been very rare. No long-term complications have been reported.

To find out more about the vaccines approved in the UK, see:

- [GOV.UK: Pfizer/BioNTech vaccine for COVID-19 approved by MHRA](#)
- [GOV.UK: Oxford/AstraZeneca vaccine for COVID-19 approved by MHRA](#)
- [GOV.UK: Moderna vaccine for COVID-19 approved by MHRA](#)

How effective is the COVID-19 vaccine?

The 1st dose of the COVID-19 vaccine should give you good protection from coronavirus. But you need to have the 2 doses of the vaccine to give you longer lasting protection.

There is a chance you might still get or spread coronavirus even if you have the vaccine.

This means it is important to:

- continue to follow social distancing guidelines
- if you can, wear something that covers your nose and mouth in places where it's hard to stay away from other people

COVID-19 vaccine side effects

Most side effects of the COVID-19 vaccine are mild and should not last longer than a week, such as:

- a sore arm where the needle went in
- feeling tired
- a headache
- feeling achy
- feeling or being sick

You can take painkillers, such as paracetamol, if you need to.

If you have a high temperature you may have coronavirus or another infection.

If your symptoms get worse or you are worried, **call 111**.

Allergic reactions

Tell healthcare staff before you are vaccinated if you've ever had a serious allergic reaction.

You should not have the COVID-19 vaccine if you have ever had a serious allergic reaction (including anaphylaxis) to:

- a previous dose of the same vaccine
- any of the ingredients in the vaccine

Serious allergic reactions are rare. If you do have a reaction to the vaccine, it usually happens in minutes. Staff giving the vaccine are trained to deal with allergic reactions and treat them immediately.



MY MASK PROTECTS YOU,
YOUR MASK PROTECTS ME.

What is Post-COVID syndrome / Long COVID?

Emerging evidence and patient testimony is showing a growing number of people who contract COVID-19 cannot shake off the effects of the virus months after initially falling ill. Symptoms are wide-ranging and fluctuating, and can include breathlessness, chronic fatigue, “brain fog”, anxiety and stress.

The NICE guideline scope published on 30 October 2020 defines post-COVID syndrome as signs and symptoms that develop during or following an infection consistent with COVID-19 which continue for more than 12 weeks and are not explained by an alternative diagnosis. The definition says the condition usually presents with clusters of symptoms, often overlapping, which may change over time and can affect any system within the body. It also notes that many people with post-COVID syndrome can also experience generalised pain, fatigue, persisting high temperature and psychiatric problems.

While we have learned lots about COVID-19 since the start of the pandemic – and new treatments are available – the long term effects of the illness can be debilitating, even for young, fit people, or those who did not go to hospital when they had COVID-19 symptoms initially.

The exact number of people experiencing Long COVID symptoms is unclear. Research into the prevalence of the illness is ongoing, but there are currently an estimated 60,000 people in the UK thought to be experiencing Long COVID, although this is likely to be higher and will grow as coronavirus infection rates rise.

If you are experiencing symptoms of Long COVID please speak to your GP.



Immune Boosting Turmeric Tea

This ginger and turmeric tea will help boost your immune system and keep you healthy during the cold season.

INGREDIENTS

5 cups of water

The yellow peel of 1 lemon use a veggie peeler

2 inch piece of ginger cut in thin rounds, skin on

2 inch piece of turmeric root cut in thin rounds or grated, skin on

Tiny pinch of cayenne pepper

1 crack of black pepper

Juice of 1 lemon

1 teaspoon virgin coconut oil, butter, or avocado oil

Honey, preferably organic



INSTRUCTIONS

1. Bring the water, lemon peel, ginger, turmeric, cayenne, and black pepper to a bare simmer, turn the heat down to low and cook for 7 minutes. **You don't want the pot to bubble or boil, it's harmful to the nutrients in the turmeric.**
2. Take off the heat and squeeze in the lemon juice and stir in the coconut oil. Strain the tea into a cup and add 1 teaspoon of honey.
3. If using raw honey, wait for the tea to cool down a few minutes so the heat doesn't destroy some of its nutrients.
Enjoy!