**![C:\Users\joanne.handley\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SOG9319H\sunshine[1].jpg]()SUMMER NEWSLETTER 2019**

**Jam and Marmalade**

As many of you know, one of our patients kindly made Jam and Marmalade to raise money for the Silton Surgery Fund. Unfortunately she is unable to do so anymore. We know that her marmalade will be very much missed. Please do not return empty glass jars to the surgery.

**WALK FOR WARDS**

**AT WILTON HOUSE ON SUNDAY 7th JULY 2019**

**Jo, Karen, Emma and Megan** will be walking the 10K route at the Walk for Wards

**In aid of The Stars Appeal, Salisbury District Hospital**

If you would like to sponsor the

**‘Silton Softies’** please tell the receptionist

The Stars Appeal is Salisbury District Hospital’s charity (no.1052284). They raise money to create the best possible experience for patients and their families by funding extra care and equipment over and above that provided by the NHS. They work hard to help local people across [all wards and departments](http://www.starsappeal.org/../../../../projects/), with particular focus on [cancer](http://www.starsappeal.org/../../../../projectsmain/details/projects/?foreignchoice_1__char_1=Cancer+Care), [cardiac care](http://www.starsappeal.org/../../../../projectsmain/details/projects/?foreignchoice_1__char_1=Cardiac%20Care) and [children](http://www.starsappeal.org/../../../../projectsmain/details/projects/?foreignchoice_1__char_1=Children%20and%20Babies). There is more information on display at the Surgery

Sepsis seems to be mentioned in the media a lot lately and we thought that it would be helpful to list the symptoms and advice regarding possible symptoms.

**Sepsis is a serious complication of an infection.**

Without quick treatment, sepsis can lead to multiple organ failure and death.

**Sepsis symptoms in babies and children**

**Go straight to A&E or call 999 if your child has any of these symptoms:**

* looks mottled, bluish or pale
* is very lethargic or difficult to wake
* feels abnormally cold to touch
* is breathing very fast
* has a rash that does not fade when you press it
* has a fit or convulsion

**Get medical advice urgently from NHS 111**

If your child has any of the symptoms listed below, is getting worse or is sicker than you'd expect (even if their temperature falls), trust your instincts and seek medical advice urgently from NHS 111.

**Temperature**

* a temperature over 38C in babies under 3 months
* a temperature over 39C in babies aged 3 to 6 months
* any high temperature in a child who cannot be encouraged to show interest in anything
* a low temperature (below 36C – check 3 times in a 10-minute period)

**Breathing**

* finding it much harder to breathe than normal – looks like hard work
* making "grunting" noises with every breath
* cannot say more than a few words at once (for older children who normally talk)
* breathing that obviously "pauses"

**Toilet/nappies**

* not had a wee or wet nappy for 12 hours

**Eating and drinking**

* new baby under 1 month old with no interest in feeding
* not drinking for more than 8 hours (when awake)
* bile-stained (green), bloody or black vomit/sick

**Activity and body**

* soft spot on a baby's head is bulging
* eyes look "sunken"
* child cannot be encouraged to show interest in anything
* baby is floppy
* weak, "whining" or continuous crying in a younger child
* older child who's confused
* not responding or very irritable
* stiff neck, especially when trying to look up and down

**Sepsis symptoms in older children and adults**

**Early symptoms**

Early symptoms of sepsis may include:

* a high temperature or a low body temperature
* chills and shivering
* a fast heartbeat
* problems or changes to your breathing
* feeling or acting differently from normal – you do not seem your usual self

Many of the symptoms of sepsis are also associated with meningitis.

The first [symptoms of meningitis](https://www.nhs.uk/conditions/meningitis/symptoms/) are often fever, vomiting, a headache and feeling unwell.

**Septic shock**

In some cases, symptoms of more severe sepsis or [septic shock](https://www.nhs.uk/conditions/septic-shock/), when your blood pressure drops to a dangerously low level, develop soon after.

These can include:

* feeling dizzy or faint
* a change in mental state, such as confusion or disorientation
* [diarrhoea](https://www.nhs.uk/conditions/diarrhoea/)
* nausea and vomiting
* slurred speech
* severe muscle pain
* severe breathlessness
* less urine production than normal – for example, not urinating for a day
* cold, clammy and pale or mottled skin
* loss of consciousness

**When to get medical help**

Seek medical advice urgently from NHS 111 if you have recently had an infection or injury and have possible early signs of sepsis.

If sepsis is suspected, you'll usually be referred to hospital for further diagnosis and treatment.

Severe sepsis and septic shock are medical emergencies. If you think you or someone in your care has one of these conditions, go straight to A&E or call 999.

IN THE SUN

Hopefully we will get a reasonable amount of sunshine this Summer. Failing that, many of you will be travelling to foreign climates with much more chance of sun exposure. Sunburn can have painful and long lasting effects, so be prepared!

**Sunscreens**

* Choose a sunscreen with an SPF level of 30+ which has both UVA and UVB coverage. If you are swimming choose a water-resistant sunscreen and reapply this frequently. Apply generously, the amount should be about the size of a golf ball and should be applied at least half an hour before you go out.

**Cover up**

* Wear light coloured, loose fitting clothing. Wear a hat with a brim all round. Baseball caps leave the ears exposed so they are not the best choice for sun protection. A hat will also protect your eyes from the glare. Wear sunglasses

**Stay hydrated**

* Water is the best choice for keeping hydrated on warm and hot days (and on cold days too!) Avoid sugar and alcohol as these can dehydrate you. Drink water even if you are not thirsty. It is best to sip water throughout the day to avoid thirst altogether.

**Staying out of the sun**

* The sun is at its strongest around the middle of the day. Make the most of shade. Finding a spot in the shade is more effective than sunscreen. Schedule outdoor activities to avoid the hours when the sun is at its strongest. When walking babies and children outdoors, choose the coolest parts of the day. Use a sun canopy over a pushchair and ensure that children are adequately covered with clothing, hats, sunglasses and sunscreen when out in the heat of the day.

**Know the signs and symptoms of heat exhaustion and heatstroke:**

* If you experience any of the following symptoms, get out of the sun (preferably somewhere cool) and drink plenty of fluids.
* Skin that is hot to the touch Excessive sweating
* Dizziness or disorientation Fatigue
* Nausea or vomiting Rapid heartbeat
* Dark and or infrequent urination

**If symptoms do not improve, seek medical attention.**

***‘If you would like any subject in particular covered in the next newsletter please let Jo know’.***

**OPENING HOURS**

The normal opening hours for Reception at The Surgery are:-

Monday 8.30 to 16.00

Tuesday 8.30 to 19.00

Wednesday 8.30 to 13.00 (Afternoon closed)

Thursday 8.30 to 18.45 (Closed 12.15 -1.45 2nd Thursday each month)

Friday 8.30 to 17.00

***OPENING HOURS OF DISPENSARY PHONE***

***Mon, Tues, Thurs and Fri: 09:15 -10:30 and 14:00 – Closing***

***Weds: 09:15 – 12:00***