



CORONAVIRUS UPDATE

On Monday 4th January 2021, Boris Johnson, our prime minister broke the news to the nation that a national lockdown will begin on Tuesday 5th January 2021 with immediate effect, therefore due the increase in Coronavirus, all patient appointments will now be telephone based triaged where an appointment can be made via the telephone or online. Alternatively use the eConsult service which we will respond back to you. Any patients who are exhibiting symptoms of the Coronavirus will not be seen and advised to visit the practice.

Any face-to-face appointments are telephone triaged and are at the GP's discretion. Prior to the appointment all patients are required to have their temperatures checked and to ask the receptionist for a token which they can use on our blood pressure machine, the machine will check your Blood pressure, height and weight. You will get a printout of your results which can then be passed onto the receptionist where it can be added to your health records.

On-entry to the Health centre you will be asked by the health centre security guard to make sure that you are wearing face masks or face coverings, he will ask if you are exempt, and will ask you to sanitise your hands. The service is provided by Prototech Security.

During the Coronavirus pandemic, all young babies will continue to receive their 2 month (8 week) checks and immunisations from the practice. Patient's should contact the practice to make an appointment for themselves and their baby or babies, with one of our GP's and nurses. Post-natal appointments can also be made with the nurse.

CORONAVIRUS (COVID-19) HM Government

- Stay at home - only leave for work, essential shopping, exercise or medical appointments
- Exercise is allowed outdoors once a day, in your local area. You can exercise with your household, support bubble, or one other person. No mixing indoors or outside unless you are in your support or childcare bubble
- Stay at least 2 metres apart - or 1.5 metres with a face covering or a face mask, unless exempt
- Wear a face mask or face covering in enclosed spaces, unless exempt
- Wash your hands regularly
- You cannot leave your home or the place where you are living for holidays or overnight stays unless you have a reasonable excuse for doing so

**CORONAVIRUS TIER 5
STAY AT HOME**

HANDS FACE SPACE

CORONAVIRUS VACCINATIONS

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus. The vaccine is being offered in some hospitals, some pharmacies and hundreds of local vaccination centres run by GPs.

It's being given to:

- 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 and social care workers at high risk

You will need to be registered with our practice to receive your appointment letter or text from our surgery.

The vaccine will be delivered to the following prioritised groups.

- Residents in a care home for older adults and their carers
- All those 80 years of age and over and frontline health and social care workers
- All those 75 years of age and over
- All those 70 years of age and over and clinically extremely vulnerable individuals
- All those 65 years of age and over
- All individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality
- All those 60 years of age and over
- All those 55 years of age and over
- All those 50 years of age and over

When it is the right time, you will receive a letter or a text with instructions of how to book the first dose of your Covid-19 vaccination, this also applies to booking the second dose of the vaccine 12 weeks after.

This letter or text will include all the information you will need to book appointments, including your NHS number. Please do not contact the GP to get an appointment until you get this letter or text. Information on the vaccine is available here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>

The 2 current Covid-19 vaccination centres in our area are;

- Leyton Healthcare, 4th Floor, Oliver Road Polyclinic, 75 Oliver Road, Leyton, London, E10 5LG
- Forest Road Medical Centre, 354-358 Forest Road, Walthamstow, London, E17 5JL

The COVID-19 vaccine is given as an injection into your upper arm.

It's given as 2 doses. You will have the 2nd dose 3 to 12 weeks after having the 1st dose.

Directions from L.L. Medical Centre to Leyton Health Centre

L.L. Medical Care Ltd. (Agarwal & Agrawal Practice)

13 Langthorne Road, London E11 4HX
Walk: From the Langthorne Medical Centre to Millais Road (Stop T)

0.4 mi, about 8 min

Bus: Take 97 - Chingford Station

Leave: Millais Road (Stop T)

Arrive: Grange Park Road (Stop N)

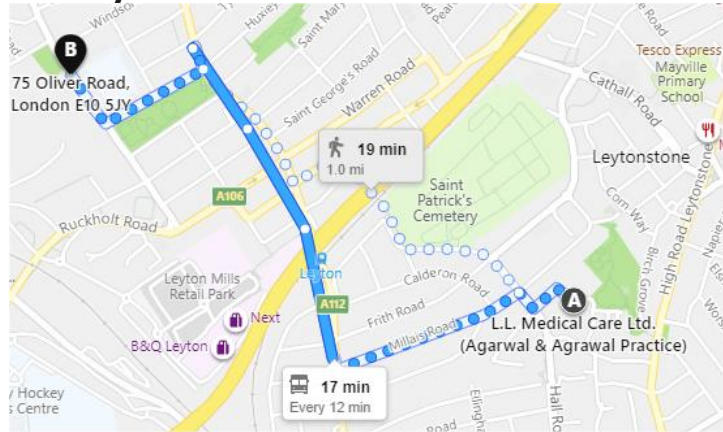
Previous stop is Buckingham Road (E10) (Stop M)

If you reach Vicarage Road (E10)

(Stop R), you've gone too far

Walk: From Grange Park Road (Stop N) to Destination Location

0.3 mi, about 6 min



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Leyton Healthcare, London, E10 5JY, United Kingdom

Directions from L.L. Medical Centre to Forest Road Medical Centre

L.L. Medical Care Ltd. (Agarwal & Agrawal Practice)

13 Langthorne Road, London E11 4HX
Walk: From the Langthorne Medical Centre to Millais Road (Stop T)

0.4 mi, about 8 min

Bus: Take 97 - Chingford Station

Leave: Millais Road (Stop T)

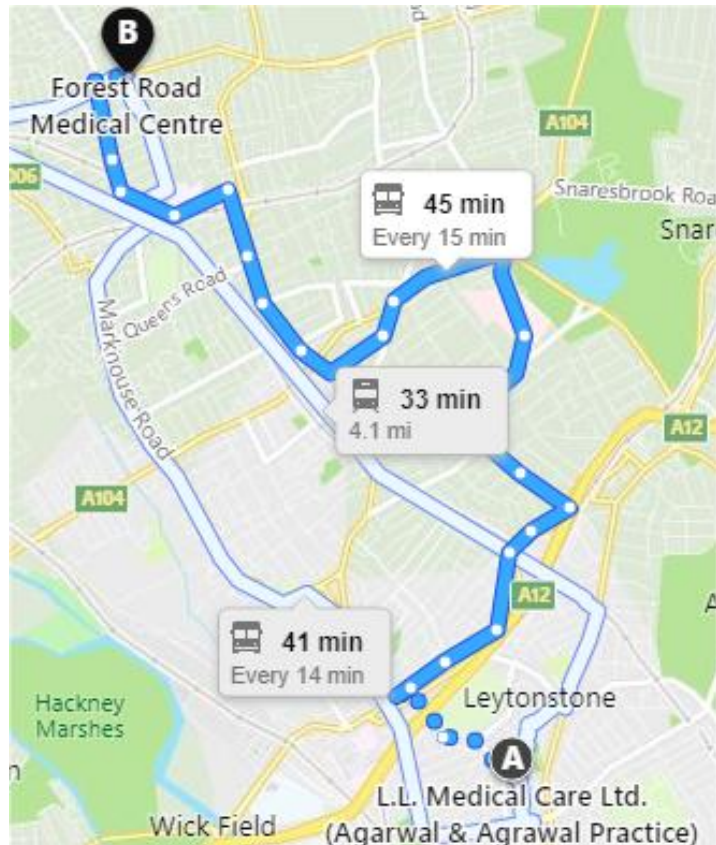
Arrive: Jewel Road (Stop BA)

Previous stop is Walthamstow Market Walthamstow (Stop G)

If you reach Forest Road Bell Corner (Stop BH), you've gone too far

Walk: From Jewel Road (Stop BA) to Destination Location

0.5 mi, about 9 min



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**Forest Road Medical Centre
354-358 Forest Road, London E17
5JG**

www.lmedicareagarwal.co.uk/

NHS
nhs.uk