

GLENFIELD FAMILY DOCTORS

Practice news

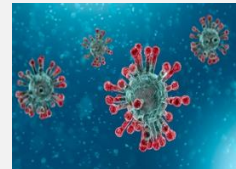
March 2020

Spotlight on COVID-19 (Coronavirus)

What you should know

There's quite a bit of information flying around about coronavirus (the official name provided by World Health Organisation (WHO) is COVID-19) and we know that some of you may be confused or have concerns about where to go for the right information.

For the latest information and advice about COVID-19, please visit [Auckland Regional Public Health Service](#) or the [Ministry of Health website](#). The MoH website is the key source of all of the very latest information related to Coronavirus.

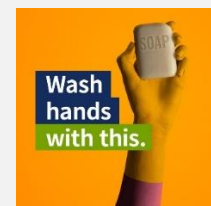


If you like to source your information from social media, you can also find out how to protect yourself and from bugs and viruses on the [Ministry of Health's Facebook](#) and [Twitter](#) pages.



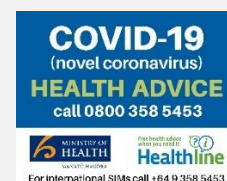
Wash your hands!

The best thing you can do to protect yourself is to thoroughly wash your hands. Check out this [Youtube clip](#) that shows the World Health Organisation way to wash your hands correctly.



What to do if you're feeling unwell, and want to visit the GP

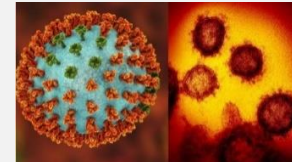
If you have travelled overseas in the last 14 days and have a sore throat, shortness of breath and a fever, please do not turn up to our practice without an



appointment, but call Healthline on 0800 3585483 to find out what you need to do next. Otherwise, please call your GP to make an appointment as you normally would.

In what ways does Covid-19 differ from the influenza virus?

Both Covid-19 and influenza are respiratory illnesses and are spread by exhaled droplets which can survive in the air and on surfaces for short times. However, this strain of the coronavirus produces a fever and a dry cough but does not trigger runny noses or sneezing, as commonly occurs with flu.



So what is the best protection against picking up the virus? In particular, how useful are face masks?

Doctors say that there is little evidence that masks protect wearers from infection. Instead they recommend that people wash their hands regularly, clean work surfaces and door handles, and try to avoid touching their eyes, nose and mouth.



Wearing masks if you have a runny nose, cough or sore throat however, does reduce the spread of infection to other people.

