



Nightingale Primary Care Centre  
Butlers Green Road  
Haywards Heath  
RH16 4BN  
Tel: 01444 414767

Email: [hsccg.dolphins-haywardsheath@nhs.net](mailto:hsccg.dolphins-haywardsheath@nhs.net)

11<sup>th</sup> September 2020

Dear Patient

You will be aware of the very difficult situation we find ourselves in with COVID-19 at the moment and we hope you are safe and well. We thought we would take this opportunity to reiterate the key Government messages from the 'Staying safe outside your home' page at <http://www.gov.uk/coronavirus> (accurate as of 29.7.20).

- [Keep your distance from people outside your household or support bubble](#)
- [Avoid being face-to-face with people if they are outside your household or support bubbles](#)
- Keep your hands and face as clean as possible
- [Keep indoor places well ventilated](#) and [avoid](#) crowded spaces
- [Work from home if you can](#)
- [If you have to travel \(eg to work or school\), think about how and when you travel](#)
- [Face coverings](#) - wear something that covers your nose and mouth in places where it's hard to stay away from other people. There are some places where you must wear a face covering, such as on public transport, in shops or when you go to a hospital or GP surgery.
- [Reduce the number of people you spend time with in a work setting](#)
- [Wash your clothes regularly](#)
- When at work or in business or public premises, follow the advice on site

Furthermore, controlling diabetes, weight and blood pressure is especially important at this time. If you need any guidance please contact us at the surgery.

We would also like to encourage you to follow official advice to take Vitamin D all year round to support your health. The recommended dose is 10 micrograms per day. You can get this from a chemist or supermarket.

Finally, just to remind you again about current COVID-19 advice. If you have a high temperature, a new and continuous cough and/or can no longer taste or smell things properly, then you may have coronavirus. You and your household must isolate at home: wearing a face covering does not change this. You should arrange to have a test to see if you have COVID-19 – please go to <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>. Please do not hesitate – the NHS is here to help you and is open for business.

Yours sincerely

Dolphins practice

