

# Cornford House & Fulbourn Health Centre Newsletter

Spring 2024

Welcome to our New Spring Newsletter, where we will be providing seasonal updates and relevant information.

## OUR NEW WEBSITE HAS ARRIVED



We have just upgraded our practice website where you can contact us with your enquiries and it is full of useful information . Do take a few minutes to have a look around.

[www.cornfordhouse.org](http://www.cornfordhouse.org)

As we look forward to the longer and warmer days where we can be outside more enjoying the fresh air. Our Pharmacists have some information on allergies and where to get help.

As we head into the spring months, hayfever and allergy symptoms may have already started amongst sufferers, but the good news is, there are now more choices of hayfever relief that can be purchased from your local pharmacy.

These include non-drowsy antihistamines in tablet and syrup form, that target symptoms such as: sneezing, watery eyes, stuffy noses and skin irritation.

You can also purchase nasal sprays and therapeutic eye drops to help specific problematic symptoms.

If you have symptoms that suggest you may have one of the following, you can have a consultation with a pharmacist who will assess you and offer an appropriate treatment. NHS prescription charges apply if you normally pay for your prescriptions. If your condition is more serious the pharmacist will refer you to your GP or A&E as appropriate.

# CORNFORD HOUSE & FULBOURN HEALTH

## New Service Pharmacy First



### Pharmacy First Scheme

Now available at most community pharmacies, the Pharmacy First scheme means that you can go and see a pharmacist about several minor ailments that you would previously have had to see a GP about.

If you have symptoms that suggest you may have one of the following, you can have a consultation with a pharmacist who will assess you and offer an appropriate treatment. NHS prescription charges apply if you normally pay for your prescriptions. If your condition is more serious the pharmacist will refer you to your GP or A&E as appropriate.

- Sinusitis - for adults and children aged 12 and over
- Sore throats - for adults and children aged 5 and over
- Earache - for children aged 1 to 17
- Infected insect bite - for adults and children aged 1 and over
- Impetigo - for adults and children aged 1 and over
- Shingles - for adults aged 18 and over
- Uncomplicated urinary tract infections - for women aged 16 to 64

You may also be referred to Pharmacy First by your GP or NHS111.

### Measles Outbreak

Measles cases are rising. Whilst the increase in measles cases has been seen mostly in the West Midlands so far, we know that the infection can spread quickly. That's why it's important to know the symptoms of measles, what to do when you or your child might have measles, and how you can get protected against measles with a Measles, Mumps and Rubella (MMR) vaccination course.

Measles is an infection that spreads very easily and can cause serious problems in some people. Measles can be prevented with the Measles, Mumps and Rubella (MMR) vaccination – a vaccine that's available for free on the NHS. The MMR vaccine can prevent you from getting measles. All children in the UK are offered two doses of the MMR vaccination by the NHS as standard. But you can also have your MMR vaccines at an older age if you haven't had them in the past.

<https://www.nhs.uk/conditions/measles/>