



CORONAVIRUS

ADVICE & INFORMATION FOR FYLDE SPORTS INJURY PATIENTS

Please be reassured that Fylde Sports Injury Clinic (FYSICL) staff are all vaccinated and boosted. We take great care to maintain a covid-safe environment for our patients, visitors and staff. Also, our staff test regularly, at least twice a week (or before every 2nd clinic).

As of Spring 2022, not one single case of Covid19 has been associated/contacted with FYSICL, giving us confidence that our clinic set-up, regular protocols and social distancing arrangements in the clinical and waiting rooms are safe and effective.

The number of Covid19 cases in the UK has fallen a lot over the last few months – **but the illness is still active in the community**. Therefore FYSICL kindly asks that patients and visitors continue to take care to avoid risking its spread to staff or fellow patients.

- A. IF YOU ARE COMPLETELY WELL - AND HAVE NO COVID19 SYMPTOMS BEFORE YOUR APPOINTMENT AT THE CLINIC, then you don't need to take any action, and can safely attend/visit the clinic. [See the 12-symptom list below](#). *Self-testing with a home lateral flow kit is an optional choice for patients but is not required. A text version of this letter will be sent to your phone or email prior to your appointment.***

BEFORE YOU VISIT THE CLINIC, PLEASE ASK YOURSELF - DO I HAVE ANY OF THE FOLLOWING COVID19 SYMPTOMS?

- 1. a high temperature or shivering (chills) - a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)**
- 2. a new, continuous cough (this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours)**
- 3. a loss or change to your sense of smell or taste**
- 4. shortness of breath**
- 5. feeling tired or exhausted**
- 6. an aching body**
- 7. a headache**
- 8. a sore throat**
- 9. a blocked or runny nose**
- 10. loss of appetite**
- 11. diarrhoea**
- 12. feeling sick or being sick**

WHAT SHOULD PATIENTS OR VISITORS DO IF YOU HAVE ANY OF THE ABOVE 12 COVID19 SYMPTOMS (OR MULTIPLE SYMPTOMS)?

1. To ensure the safety of staff and fellow patients, please call 07907 002561 or 01772 802200 to let the clinic know BEFORE YOU ATTEND FOR A CONSULTATION OR TREATMENT
2. We will then **CANCEL YOUR APPOINTMENT** at Fylde Sports Injury Clinic (until you are symptom-free and feel fully well again - and **DO NOT HAVE A FEVER**).
3. Once you are feeling completely well again and have no symptoms (and are no longer concerned you are actively suffering covid19), please then call us again on 01772 802200 (or call/text 07907 002561) to re-arrange a new appointment at the clinic.
4. If you have any more serious concerns you should contact NHS 111 for further advice (see BELOW).

RECOMMEND YOU GET HELP FROM NHS 111 if:

- * you're worried about your symptoms
 - * you're not sure what to do
- Get help from NHS 111 online
Call 111 if you cannot get help online.
Do not go to places like a GP surgery, hospital or pharmacy.

OTHER NHS ADVICE

Try to stay at home and avoid contact with other people if you have symptoms of COVID-19 and either:

- * you have a high temperature
- * you do not feel well enough to go to work or do your normal activities
- * Take extra care to avoid close contact with anyone who is at higher risk of getting seriously ill from COVID-19.
- * You can go back to your normal activities when you feel better or do not have a high temperature.

Thank you

Yours sincerely,

Dr D Robertson FFSEMUJ
Medical Director
Fylde Sports injury Clinic
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