



Prentis  
Medical  
Centre

## SPRING NEWSLETTER



### Stress Awareness

April is **National Stress Awareness Month**, a time dedicated to raising awareness about the impact of stress on our mental and physical well-being. During this month, we focus on understanding stress, building resilience, and seeking help when needed. Remember, taking care of our mental health is essential, and seeking support is a sign of strength. Let's prioritize our well-being during National Stress Awareness Month!

For further information please visit:

[Prentis Medical Centre - Counselling and Mental Health Support](#)

### Covid Spring Booster

People aged 75 years and older, residents in care homes for older people, and those aged 6 months and over with a weakened immune system will be offered a dose of coronavirus (COVID-19) vaccine this spring. If you fall into this category you will be notified by NHS England. For further information you can contact **NHS 119**.

The COVID-19 vaccine will reduce the chance of you becoming severely unwell from COVID-19 this spring and summer. It may take a few days for your body to build up some extra protection from the dose. Like all medicines, no vaccine is completely effective. Some people may still get COVID-19 despite having a vaccination, but any infection should be less severe.



### Pharmacy First

Patients can now get treatment for seven common conditions directly from their local pharmacy, without the need for a GP appointment or prescription. Pharmacy First will enable community pharmacists to supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate, to treat seven common health conditions without the need to visit a GP.

**What are the seven common conditions?** Sinusitis, Sore throat, Earache, Infected insect bite, Impetigo (a bacterial skin infection), Shingles and Uncomplicated urinary tract infections in women.

You can buy over-the-counter medicines in pharmacies, supermarkets and some high street shops. GPs, nurses and pharmacists will not generally give you a prescription for over-the-counter medicines.

**Do more with  
the NHS App!**

