



Please "Be kind" to our staff. A simple thank you, or a positive review could make the world of difference.

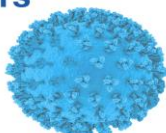
Send any comments and feedback to
email: roccg.swallownestcarecoordinators@nhs.net

UK Health Security Agency

Diarrhoea and vomiting

Diarrhoea and vomiting bugs can spread easily

Follow these simple steps to avoid infecting others



UK Health Security Agency

Diarrhoea and vomiting

Got these symptoms?



Feeling sick



Diarrhoea



Being sick

UK Health Security Agency

Diarrhoea and vomiting

You may also have:



High temperature



Headache



Aching arms and legs

UK Health Security Agency

Diarrhoea and vomiting

Stay at home for 48 hours after your symptoms clear:

DO



Wash your hands frequently with soap and warm water



Wash soiled clothes and bedding at 60 degrees

Diarrhoea and Vomiting bugs what are they? and how to prevent them

In the UK, the main stomach bug causing diarrhoea and vomiting is norovirus, often referred to as the "winter vomiting bug". While it's more common in winter, it can occur year-round. Other stomach bugs can also cause these symptoms, such as campylobacteria and salmonella infections.

Campylobacteria and Salmonella cases have increased by 17.1% from 2023 to 2024, this is the largest increase in the UK in a decade!

Campylobacter and Salmonella infections are usually caught by eating contaminated food, including poultry, meat, eggs, raw fruit or vegetables, and unpasteurised milk products. Infection may also occur through close contact with people with the infection – particularly in household settings – and by cross-contamination in the kitchen, for example when utensils are used for both cooked and uncooked foods

Following good food hygiene and the 4Cs when preparing food can help protect you and others from food poisoning:

~**cook** food correctly by following the guidance on time and temperature on product labels

~**chill** your food below 5 degrees, this will stop or significantly slow the growth of bacteria

~**clean** food equipment and surfaces thoroughly, this helps to stop harmful bacteria and viruses from spreading onto food

~**avoid cross-contamination** which might lead to bacteria passing from raw foods to ready-to-eat foods via things like re-usable shopping bags, knives and chopping boards, cloths and work surfaces

~use food and drink by the 'use by' date on the label, even if it looks and smells fine – eating food after this date could put your health at risk as you can not smell or taste bacteria which make you ill

~good personal hygiene is essential when you're preparing food

For further advice and information see

<https://www.gov.uk/government/news/cases-of-salmonella-and-campylobacter-highest-in-a-decade> and

<https://www.food.gov.uk/food-safety-and-hygiene/food-safety-and-hygiene-at-home>



National Flu campaign 2025/26 for GP surgeries

From 1 September 2025:

- pregnant women
- all children aged 2 or 3 years on 31 August 2025
- all children in clinical risk groups aged from 6 months to less than 18 years

We will be contacting the above cohorts soon, look out for your SMS/NHS APP message or letter.

From 1st October:

- Those aged 65 years and over
- Those aged 18 years to under 65 years in clinical risk groups
- Those in long-stay residential care homes
- Carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- Close contacts of immunocompromised individuals
- Frontline workers in a social care setting without an employer led occupational health scheme

For autumn 2025, COVID-19 vaccination will be offered to:

- Adults aged 75 years and over
- Residents in care homes for older adults
- Individuals who are immunosuppressed aged 6 months and over

This represents a change from the autumn 2024 programme, which also included adults aged 65 to 74 and all those aged 6 months and over in a clinical risk group.



GP appointment?
Can't make it?
Don't need it?



DNA's Breakdown

299 patients did not attend their appointments last month
That's **3%** of appointments.

Here is the Breakdown of some appointments that were missed.

- GP appointments – **67**
- Nurse appointments & HCA (blood/BP /other clinics) – **151**
- Other (minor ailments, paramedic, pharmacist etc)- **11**

Appointments are valuable, and it's important that if you can't attend to let us know in plenty of time.

Did you know that the average cost of a GP appointment in the UK is £49?

To cancel an appointment please use the following options to allow someone else to use it.

call us on 0114 433 3888 the following options appear: -

Press 1 to cancel your appointment via an auto attendant.

Advisor if you also need to rebook.

You can also cancel by emailing svicb-rotherham.swallownestnoreply@nhs.net

The Flu and Covid season will be expected to fully start on October 1st, with our main clinic on Sat 4th October.

This year our surgery will be offering the Covid vaccination alongside Flu vaccinations for any eligible adults for the first week of October after which patients wanting both vaccines will be directed to the national booking system. Please expect your invitations via NHS App notification/SMS and letter soon!

Our next close afternoon for training is Thursday 16th October