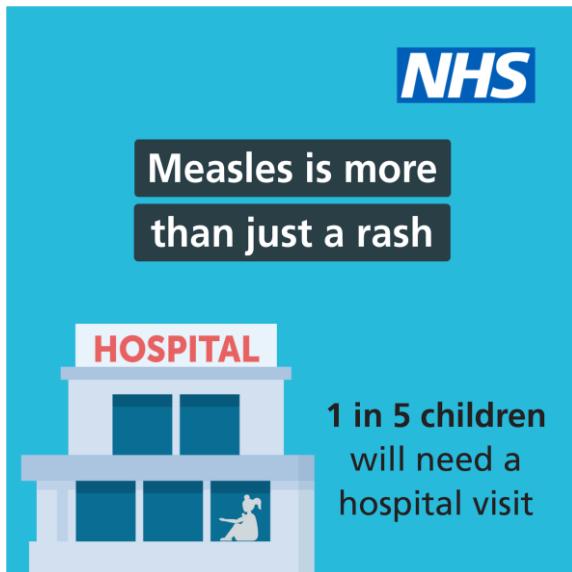




Please "Be kind" to our staff. A simple thank you, or a positive review could make the world of difference.

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

Did You know the UK has lost its Measles elimination status?

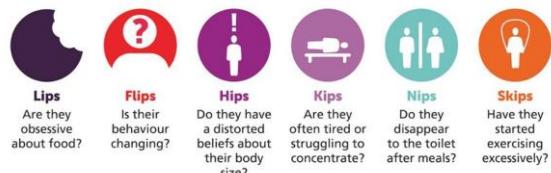


Keep up with your child's vaccinations! Missed one? Call us to book a catch up today!

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them>

23 February – 01 March
Eating Disorder Awareness Week
<https://edaw.beateatingdisorders.org.uk/>

Eating disorders. Know the first signs?



28 February



<https://www.rarediseaseday.org/>

What are the symptoms of Adenovirus and how does it spread?

Adenovirus might not be a household name like flu or the common cold, but it's one of the most common causes of viral infections.

Most people will have had at least one adenovirus infection before they turn 10, and because there are many different types, it's possible to be infected more than once throughout your life.

What is Adenovirus?

Adenoviruses are a group of viruses that cause a range of infections. Unlike flu, which typically peaks in winter, adenovirus doesn't follow a seasonal pattern - infections can occur at any time of year. While adenovirus infections are most common in babies and young children, people of any age can be affected.

Symptoms are usually mild and similar to a common cold:

- fever
- sore throat
- runny or congested nose
- cough

Adenovirus can also cause other illnesses, including

- conjunctivitis (pink eye)
- lung infections (like bronchitis and pneumonia)
- croup (a barking cough in children),
- ear infections
- gastroenteritis (tummy bug).

Adenovirus can be more severe in people with weakened immune systems.

The virus can spread through:

- droplets in the air when an infected person coughs or sneezes
- close personal contact, such as shaking hands



- touching contaminated surfaces, then touching your mouth, nose, or eyes
- contact with an infected person's poo, for example during nappy changing
- contaminated water in swimming pools or lakes (though this is less common)

Most adenovirus infections clear up on their own with rest and plenty of fluids. Paracetamol can help if fever is causing discomfort, and a humidifier or saltwater nose drops may ease congestion.

Most infections last from a few days to a week or two, though severe cases may take longer to resolve

Good hygiene is your best defence against adenovirus:

- keep shared surfaces and objects clean using a bleach solution
- stay at home when you have symptoms
- wash your hands frequently and thoroughly with soap and water
- cough and sneeze into your elbow or a tissue, not your hands

Contact a doctor if you or someone you care for:

- has a high fever or one that lasts more than a few days
- is having difficulty breathing
- is under 3 months old or has a weakened immune system
- has red eyes, eye pain, or changes to vision
- has severe diarrhoea, vomiting, or signs of dehydration

<https://ukhsa.blog.gov.uk/2026/01/07/what-are-the-symptoms-of-adenovirus-and-how-does-it-spread/>



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

CANCEL IT!

DNA's Breakdown 263 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 – 115
- Nurse appointments & HCA (blood/BP /other clinics) – 142
- Other (minor ailments, paramedic, pharmacist etc)- 6

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

Our next closed afternoon for training is
Thursday 19th February 2026