

Newsletter

May 2020



Uraidla Family Practice
1163 Greenhill Road Uraidla SA 5142
Phone 83903002



May News

Business as usual

Uraidla Family Practice would like to thank our patients for their continued support and understanding as we have gone through many changes in the last few months. We would also like to reassure you that we are very much open for business and seeing patients. We encourage our patients to maintain contact with their Doctor during this time. Whether it be in regards to a new concern or a chronic illness requiring a new care plan we are here to help you in any way we can.



COVIDSafe

We, as a practice, support the Australian Government's new app COVIDSafe. Downloading this app to your phone via the Apple App Store or Google Play will help speed up the process of contact tracing for people unknowingly exposed to the virus. This information can slow the spread through its ability to identify and contain any potential new outbreaks and in, turn help work towards easing restrictions.

Flu Vaccines

It has been an *interesting* season for Flu Vaccinations. Not surprisingly we, like all immunisation providers, have experienced an increased demand from our patients requesting flu vaccinations. We currently have plenty of **Government Funded** flu vaccines but we are experiencing a delay in receiving our orders for privately funded vaccines, with delivery not expected until June. If you are unsure if you qualify for a funded vaccine please call the surgery and we will work it out together.

Did you know that children under 5 years old, people over 65 years old and anyone with a chronic illness are entitled to a free Government funded flu vaccine?

For current and up to date information on COVID-19 please contact one of the organisations listed below:

www.sahealth.sa.gov/novelcoronavirus

or call the

the State Coronavirus helpline on 1800 253 787

or the Nationwide Coronavirus Health Information Line on 1800020 080



COMMIT TO KEEP FIT!

WITH URAIDLA PHYSIO 'S
HOME EXERCISE CHALLENGE

20 CALF RAISES

20 SQUATS

20 REVERSE LUNGES (EACH LEG)

20 SEC WALL SIT

20 WALL PUSHUPS

20 SEC PLANK

20 HIP BRIDGES

20 HIP CLAMS (EACH LEG)

20 DONKEY KICK PULSES (EACH LEG)

20 DONKEY KICK RAINBOWS (EACH LEG)

2 MINUTES MINDFUL BREATHING

LET'S GO!