

# Newsletter

Uraidla Family Practice  
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Phone 83903002

July/Aug 2021 News



**Please note that masks are currently mandatory when you enter the practice for ANY reason.**

## COVID-19 UPDATE

It is hard to believe that our little family practice has now been running COVID-19 vaccination clinics for over 15 weeks! We were selected to participate early in the vaccination campaign and we have been hard at it ever since! We have now given just over 1000 doses to both our regular patients and those from surrounding areas too.

The Advertiser reported earlier this month quoting figures from SA Health that postcode 5142 had 415 of 553 (eligible) residents receive their first dose. We applaud the willingness of patients to take up the vaccines available to them and feel proud of our staff and their commitment to providing this service

Currently all people aged 40 years and over are eligible to get vaccinated against COVID-19. People over the age of 16 living in regional South Australia are also eligible to get vaccinated against COVID-19.

As the vaccines are provided to us in multi-dose vials it is important to notify the practice if you are unable to attend your appointment as soon as possible to avoid wasting doses.



If the availability of appointments at Uraidla Family Practice doesn't suit you there are a number of other options.

Appointments for other locations can be booked online (the preferred method) by using the QR code on the right and following the steps or by



## COVID SAFE CHECK IN

We have all had to adapt over the last year and appreciate that checking in has become second nature to us all. Should you forget, our staff will give you a gentle reminder to sign in when you arrive at the practice either with your smart phone or at the desk with the hand written check-in.

## APPOINTMENTS

Whilst we are all focusing on Covid-19 at the moment and the complexities that an outbreak and subsequent lockdown can bring please do not forget other aspects of your health. We are all still here and our GPs have both face to face and phone consults available to you.

We also still have both the government funded and private flu vaccines available at the practice our GPs recommend you considering this if you have not already had your flu vaccine this season.

Private flu vaccines cost \$17 and the time with the



## BONE BUS

As we have done for the last few years we are anticipating that the Bone Bus will be at the Practice on September 2nd and 3rd. The Bone Bus is a mobile bone densitometry service which provides accurate and reliable bone mineral density measurement. This is important in determining a person's risk of osteoporosis and osteopenia. With this information your GP can determine a course of preventative treatment to limit any further loss of bone density.

If you are eligible you should have received a letter recommending that you make an appointment with your GP to arrange a referral and then contact them directly to book your appointment.

If you have any queries or think that you should have received a letter but haven't please make an appointment with your GP to discuss your eligibility to this service.



## LOOKING AFTER YOURSELF

Local outbreaks of COVID-19 and subsequent lockdowns are likely to be a part of our lives for sometime. With this in mind it is important to find ways to stay connected with family and friends, calling loved ones or sending a text message. Creating and sticking to a routine can give you a sense of achievement and help you to feel some control. Keeping informed of the ever changing situation is important but choose your websites and TV shows wisely! SAHealth has up to date information regarding exposures sites and current restrictions where as sometimes

social media can leave you ill informed and can even feed anxiety.

SA Health: [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

If you need to seek help during this time there are services available. Beyond Blue has a Coronavirus Mental Wellbeing Support Service 1800 512 348, if you don't feel like talking on the phone they also have a web chat support service and online community forum where you can connect with and support others.