

HEALTH AND SOCIAL CARE - ARRAN UPDATE ON COVID 19 – 20/05/20 14:00

Advice will continue to be updated – please look out for the national updates

Please share

You can find up to date information on COVID 19 at [NHSinform](#)

There have been no positive tests on Arran since the last update, making 4 weeks without a new case. The total for the island remains 5 positive cases plus a small number in the community that we were unable to test. There are currently no positive cases in Arran War Memorial Hospital.

The government has recently added a change or loss in usual sense of smell or taste to the list of COVID-19 symptoms. It is important that you self-isolate immediately if you develop a new continuous cough OR fever OR now, a loss or changed sense of normal smell or taste.

Plans are advancing regards increasing testing and there should be some expansion of this on the island next week.

The directive to the people of Scotland is to maintain the same measures of staying at home except for essential food, health and work reasons including any local outdoor exercise alone or with members of your household. It is clear that these social distancing measures are working – Keep up the good work.

WHAT TO DO IF YOU HAVE SYMPTOMS OF COVID 19 - **ADVICE UNCHANGED.**

FIRST CHECK IF YOUR CONCERNS CAN BE ANSWERED ONLINE AT [NHSinform](#)

Most people infected with COVID 19 will have a mild illness. In this scenario you do not need to contact health services and should follow the self-isolation advice. This will help free up capacity for more unwell people.

EVERYONE NEEDING FURTHER ADVICE ABOUT COVID 19 SYMPTOMS SHOULD PHONE 111 (NHS 24) - NOT THE GP PRACTICE.

NHS 24 links to a hub based in Ayrshire & Arran, with a wide range of staff to give the most up to date advice. If you need a telephone appointment or need

to be seen this team will then liaise directly with the GP practice or hospital on Arran.

PHONE NHS 24 on 111 if your symptoms:

- are severe or you have shortness of breath;
- worsen during home isolation;
- **have not improved after 7 days.**

CONTACTING THE GP PRACTICE – ALWAYS PHONE FIRST 01770 600516

- In these worrying times we want everyone to remember we are still here to help if you are unwell for reasons unrelated to COVID 19.
- **PLEASE GET IN TOUCH IF YOU ARE UNWELL**
- **PLEASE DO NOT ATTEND THE SURGERY UNLESS YOU HAVE AN APPOINTMENT ARRANGED – PHONE FIRST**
- Brodick Health Centre, Whiting Bay & Lochranza Surgeries remain closed. There are limited services at Shiskine.
- Everyone who needs an appointment will first be given a telephone appointment and those who need Face to Face or video appointments will have these arranged.
- Medicine supply from the dispensary continues to be by home delivery – thank you to all who are assisting with this.

OUT OF HOURS AND ARRAN WAR MEMORIAL HOSPITAL

Please do not attend the hospital if you have symptoms - phone NHS 24 and you will be given telephone advice.

Accident & Emergency will continue to function and those with injuries and urgent problems may attend as usual. In an emergency please phone 999.

Most visiting is cancelled but there are measures in place to facilitate this in the small number of cases when it is most important.