

Dear Patient,

We note from your records that you have at least one health condition (asthma, COPD, diabetes, heart problems) or are over 80 years of age. This could put you at higher risk if the coronavirus outbreak spreads. Should you develop symptoms (temperature above 38.5C, cough and shortness of breath) please go to the [Gov.je Website](#) for more information.

In the interim we would like to offer you a “**rescue package**” of medication. A prescription is enclosed. We recommend you obtain the supplies as prescribed. The antibiotics are to be held in reserve unless you experience symptoms (temperature above 38.5, cough and shortness of breath).

You may also want to consider distancing measures (see enclosed information on social distancing) and increased hygiene for your own protection as per national advice.

Please be aware that if you do become unwell it is sensible to stop some specific types of medications to prevent getting dehydrated which can make you more unwell. If you are unwell please follow the [‘Sick Day Rules’](#) – details enclosed in a printed leaflet which tells you which medications to stop. Please continue to take your other medications.

If you have asthma or COPD) - In order to reduce droplet spread we advise respiratory patients to switch to an inhaler/spacer combination or dry powder treatment rather than nebulisers wherever possible. An inhaler activated and shaken, 25 times delivers the same dose of salbutamol as a 2.5mg nebule. Please contact your pharmacist, the respiratory nurses or us if you are unsure of your inhaler technique or how to use a spacer.

If you have Diabetes - If you feel unable to eat, then continue your usual medication but substitute food with sugary drinks and, if possible, monitor your blood sugar levels. Please feel free to ring us or the Diabetes Centre if you are running into problems.

Best regards from the team at Lister Surgery