

Quote of the Month: "Life itself is the most wonderful Fairy Tale!" – Hans Christian Andersen



Returning to Normality?

Schools back on March 8th; golf clubs etc. open from 29th March and now non-essential shops from April 12th. Let's hope step 3 on 17th May still holds and we get back to some form of normality!

	<p>New Doctor We welcome Dr Zohra Ismail Panju to the Practice; she started last month. She will hopefully be able to reduce some of the pressure on the current team!</p>	<p>Feature of the Month Covid19 Testing in St Albans</p>  <p>There are two types of test that are now available – do you know the difference between the PCR Test and the Lateral Flow Test? And what conditions you need to meet in order to qualify for either of them?</p> <p>The answer is simple – if you have Covid symptoms go for the PCR test and if you don't have symptoms then the Lateral Flow Test is for you!</p> <p>PCR Tests – you should get a free PCR test if you have symptoms:-</p> <ul style="list-style-type: none"> • A high temperature • A new continuous cough and/or • You've lost your sense of smell or taste (or it's changed) <p>You can also get a free PCR test if:</p> <ul style="list-style-type: none"> • you've been in contact with someone who's tested positive • you've been asked to get a test by a local council or contact tracers • a GP or other health professional has asked you to get a test • you're taking part in a government pilot project • you've been asked to get a test to confirm a positive result • you've received an unclear result and were told to get a second test • you need to get a test for someone you live with who has symptoms • you're in the National Tactical Response Group <p>Tests are available at three main sites locally; an appointment is required but a referral is not necessary.</p> <ul style="list-style-type: none"> • Westminster Lodge (AL1 2DB) • Hatfield University (AL10 9LX) and • Welwyn Garden City (AL7 1GA) <p>LFT Tests – these tests are now available to everyone; they are available through</p> <ul style="list-style-type: none"> • Through Herts County Council • Collection from one of the PCR Test Sites listed above • Existing workplace testing programmes • An online home ordering service • Participating local pharmacies <p>Any queries, call 119 or go to https://www.hertfordshire.gov.uk/about-the-council/news/coronavirus-tests.aspx#rapid</p>
	<p>Health Matters Webinar Programme For an up to date schedule of the programme (or to hear one of the webinars that we have had already, go to https://www.maltingssurgery.co.uk/the-maltings-health-matters-programme/</p>	
<p>NEXT MEETING</p>	<p>Next PPG Meeting – MAY 5th; Everyone is Welcome We are now holding our PPG meetings by Zoom and all patients are invited. Our next meeting is on May 5th and for all the details go to https://www.maltingssurgery.co.uk/patient-group/ For any information on the PPG contact the Chair – Alan Bellinger abellinger@gmail.com</p>	
	<p>Are you due to have the Vaccine? The Vaccination is going very well and although vaccine supply is tight it is imperative that if you haven't had your jab yet and you're either</p> <ul style="list-style-type: none"> • Over 65 or • Over 16 with a long term health condition <p>You get in touch with the Surgery ASAP!</p>	

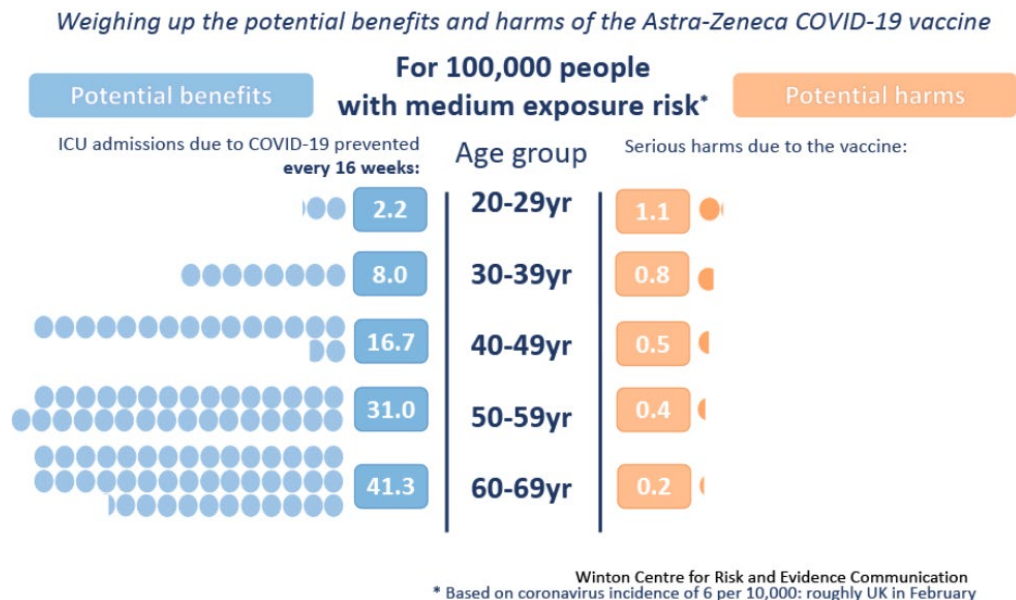
Is the Astra Zeneca Vaccine Safe?



The announcement on April 7th made it very clear in describing the new position as a “course change”; the risk of blood clots is extremely low, especially in those over 30. But the Government has followed the recommendations of the experts and stated that they will try as far as possible to provide either the Pfizer or Moderna vaccine to that younger group where the balance of risk is less clear cut.

The Maltings Surgery welcomes this clarification and course change and recommends that anyone due an upcoming vaccination contacts the Surgery if they have a personal history of clotting, those with clotting disorders and pregnancy (which increases risk of clotting regardless of vaccination), so that they can discuss the options and risks with a Doctor.

The chart below that Prof. Van Tam used in his briefing highlights the data that lead to this conclusion



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