

Quote of the Month: *"Happiness is nothing more than good health and poor memory!"*.  
Albert Scheizer



## It'll soon be Spring!!!

March should always herald the start of Spring – let's hope the weather remembers that soon. Just two topics this month – raising our awareness of **Cancer** and, just in case you missed it, the **Coronavirus (Covid-19)** that's seems to be spreading rapidly; here's the link to the Maltings' page on it. [Click here](#).



## Coronavirus ("Covid-19")

It's taken a while to spread from China but now it's managed to travel around the world. As the situation is changing all the time, this feature will not set out to give you a full briefing but simply point you to a couple of pages that are being updated all the time.

The first message is the obvious one – take the obvious precautions that minimise the chance of spreading it:-

- **Wash hands frequently**
- **Catch coughs and sneezes with disposable tissues; and**
- **Throw them away afterwards!**
- **Avoid touching your eyes, nose and mouth**
- **Avoid close contact with people who are unwell**

Go to <https://www.nhs.uk/conditions/coronavirus-covid-19/>; this page is being constantly updated and has all the answers to questions such as

- **What are the symptoms of Coronavirus?**
- **What should I do about travelling?**
- **How is Coronavirus spread?**
- **Should I avoid public places?**
- **Do I need to self-isolate?**

And if you're not sure if you have coronavirus. Go to <https://111.nhs.uk/covid-19>



## What is cancer?

### Are You Cancer-Aware??

Last month the PPG organised a meeting for all Maltings patients about Cancer – the content was excellent and you can access it yourself.

There were two simple messages from the presentation; first, there's a lot we can do in terms of **lifestyle and wellbeing** to minimise our chances of getting cancer. And to find out what they are just go to the presentation.

But, despite that, we're still vulnerable. And if we do get it what's important is to **diagnose it early**. There are three different screening programs, and, we should always go for them whenever they're scheduled.

Why not test your understanding of those lifestyle factors by clicking [here](#); it will take you less than 30 seconds and the survey contains the link to the presentation. Why not get everyone in your household to have a go!

Alternatively, if you want to go straight to the presentation, click [here](#)