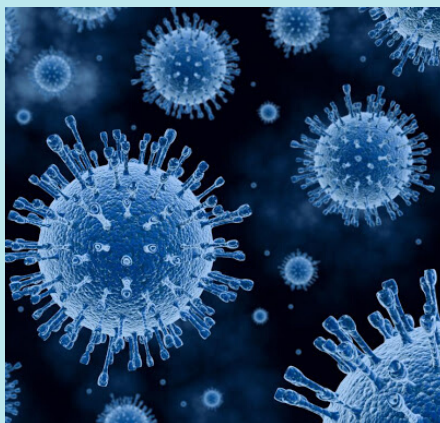


Interim Spring
Newsletter
2020



What is
Coronavirus?



How to wash your
hands effectively



Spring word search

Please visit our Practice website
www.thehighstreetdentalpractice.co.uk
for regular updates and news!





The
High Street
Dental Practice

Dear Patients,

The High Street Dental Practice Team would firstly like to reassure you that, as a registered UK Dental Practice, we run an entirely safe and clean environment.

The advice we are giving to all our patients of all ages is that **if you do not have a high temperature (over 37.8 degrees) and/or a new continuous cough and/or have not been in direct contact with anyone who has Coronavirus**, then you are very welcome to attend your appointment.

It is your choice.

Please contact our friendly Reception Team on 01249 477001 with any concerns, worries or queries and also read our 'Latest News' section on the Practice website (www.thehighstreetdentalpractice.co.uk) for up to date information on the number of days to isolate depending on your reason for self-isolating.

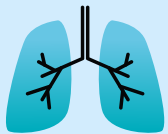


Useful links:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

<https://www.nhs.uk/>

What is Coronavirus?



Coronavirus, or COVID-19, is a new illness which can affect a person's lungs and airways.

The symptoms of Coronavirus are a high temperature (over 37.8 degrees) and a new continuous cough.



To prevent the spread of Coronavirus, you should:

- wash your hands with soap and water often – do this for at least 20 seconds or sing happy birthday to yourself twice!
- always wash your hands when you get home or into work and before and after eating
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of Coronavirus
- only travel on public transport if you really need to
- work from home, if you can
- avoid close social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- use phone, online services, or apps to contact your GP surgery or other NHS services



Useful links:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

<https://www.nhs.uk/>



How to wash your hands



Hand hygiene is the most effective way of preventing viruses, bacteria and germs from making you unwell.

Always wash your hands after you have been to the toilet, sneezed, blown your nose, coughed, when caring for the sick, when handling animals and before and after preparing food.

Use the following steps to ensure your hands are safe! The whole process should take at least 20 seconds.



- 1. Wet hands with water and apply enough soap to cover all surfaces*
- 2. Rub soap over all of hands, including palms, back of hands, fingers, tips of fingers, thumbs and wrists.*
- 3. Rinse hands with water and use elbow to turn off tap. If there is not a lever-operated tap, use a hand towel to turn off the tap.*
- 4. Dry hands thoroughly with a single-use towel.
Your hands are now safe!*



Do you have a favourite Spring image?

We would like to see it!



We will publish our favourite four Spring images in our Summer Newsletter 2020 with some information about yourself!

Please bring your image with you to the Practice or email them to us at info@thehsdp.co.uk



Wiltshire Quiz




Q1.) What is the name of Wiltshire's only city?

Q2.) What is the colloquial name for Wiltshire?

Q3.) What Wiltshire town won the Football League Cup in 1969?



 Q4.) Wiltshire is host to what famous Safari Park?

Q5.) In which Wiltshire town would you find the Butter Cross?

Q6.) Westbury and Cherhill are two locations that have what landmark in common?

Q7.) Name the circle of self-standing stones labelled as a British Cultural Icon?



Spring Word Search

N	L	E	S	U	N	S	H	I	N	E	A	S	R
C	E	O	I	C	I	B	R	E	E	Z	E	B	M
T	L	M	E	A	L	E	S	H	F	D	D	Z	S
E	D	E	S	I	E	N	U	E	R	L	R	S	A
E	E	D	A	S	S	Z	R	E	S	E	D	O	B
H	D	A	D	N	F	D	U	B	S	E	E	S	L
R	U	N	S	A	I	A	G	A	M	C	A	F	O
R	O	E	F	T	F	N	R	B	A	E	M	E	S
H	Z	B	C	S	E	F	G	E	R	D	O	S	S
B	O	E	E	B	N	R	O	E	C	U	Z	A	O
A	D	S	B	M	A	L	N	D	H	C	U	A	M
G	E	M	S	U	S	B	I	U	I	K	E	E	T
G	S	M	C	I	N	A	I	B	L	L	M	M	D
U	O	E	M	N	N	R	A	E	E	U	A	E	H



Bee



Duck



Blossom



Lamb



Breeze



March



Cleaning



Sunshine



Daffodil



Wiltshire Quiz Answers



Plus some interesting facts

Q1.) Salisbury became a city in 1227, however it was then known as New Sarum

Q2.) Moonrakers- Resulting from a legend that claimed some men once tried to smuggle French brandy into Devizes and when caught, claimed they were raking cheese from a pond (which was really the moon's reflection)



Q3.) Swindon Town- Colchester 0-3 Swindon



Q4.) Longleat- the first drive-through safari experience outside of Africa!

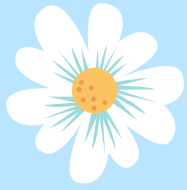
Q5.) Chippenham- also the home of us at The High Street Dental Practice!

Q6.) A White Horse- Part of a 94 mile trail

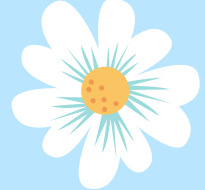


Q7.) Stonehenge- Some of the stones may have travelled over 150 Miles!





Private patients are welcome!



We would like to reassure you that, in light of the current situation, we welcome existing and new patients to the Practice if they do not have a high temperature (over 37.8 degrees) or a new continuous cough.

If you are self-isolating, our Reception Team are more than happy to book you an appointment for when you have fully recovered.

Please call our friendly Reception Team with any concerns, worries or queries you may have.



Contacts:

01249 477001

info@thehsdp.co.uk

www.thehighstreetdentalpractice.co.uk



How to find us



Please follow our social media accounts to keep up to date with all HSDP events and offers!

We appreciate your feedback!

Please leave us a Google Review!