



# WINTER 2019 NEWSLETTER



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Open 7 days

Monday-Friday

9am—9pm

Last appointment 8.30pm

Saturday & Sunday

10am-7pm

Last appointment 6.30pm

**CHRISTMAS**

**OPENING HOURS**

Christmas Eve

9am-5pm

Closed Christmas Day only

Stephens Day open

9am-5pm

New Years Eve

9am-5pm

GP service

Minor Emergency Department

Private patients

Public patients

including

Under 6 scheme

Medical card scheme

Doctor Visit scheme



## It's the most wonderful time of the year!

It's hard to believe but here we are at the end of another year. It's time again for nights in by the open fire and the magic of Christmas time.

We would like to take this opportunity to wish all of our patients a very Merry Christmas and a prosperous New Year. We hope 2020 is your best year yet!



RocDoc would like to support The Saint Vincent De Paul this Christmas by being a drop off point for gifts for both the families and children who find it hard this time of year. This time of year is about being happy and giving not a time for worrying. (this is also known as the Toy Drive).

If you would like to support this then please feel free to drop in a new unwrapped gift and leave below our Christmas tree in reception by 18th December. This then allows enough time for the gifts to be collected and then sorted by gender and age in time for them to be taken into the hospital for Christmas.

Saint Vincent De Paul are happy to accept any type of gift but they do ask for it to be unwrapped, non-perishable, new and if applicable sealed gift vouchers and food vouchers are also welcome. All items should be placed in the large box that is provided in our reception area.

Regular RocDoc customers would know that each Christmas we support a different charity with Aobheann's Pink Tie and Temple Street being previous charities. On behalf of everyone in RocDoc we would like to thank you for your efforts in supporting this charity, it is very much appreciated.

For more information then please click here - <https://www.svp.ie/>



# OUR GUIDE TO THE COLD AND FLU



## SYMPTOMS OF A COLD

- Symptom's usually appear gradually, over a few days fever is rare but mild if present.
- Slight aches and muscle aches, chest discomfort (sickness felt in head and nose)
- Rare to mild fatigue and weakness.
- Stuffy or runny nose, sneezing and sore throat.
- Hacking cough typically responds to cough medications

**Infectious Periods (Varies usually 4-7 days after symptoms being)**

## SYMPTOMS OF A FLU

- Symptom's usually appear quickly and are more severe than the common cold.
- Fever almost always and usually high.
- Aches and pain, muscles aches and discomfort.
- Chest discomfort can be severe (sickness felt over the entire body)
- Moderate to severe fatigue and weakness.
- Stuffy or runny nose may occur but sore throat, chills and headaches are common.
- Non-productive cough is common and can become more severe.

**Infectious Periods (1 Day before symptom's present 3-7 days after)**



**Get the Flu Vaccine in your local GP or pharmacy**

### Top tips for fighting the common cold and flu

- Stay at home and get plenty of rest.
- Plenty of fluids, doesn't have to be always water (fruit juices and broth like soups also help)
- Over the counter medicines are ok for minor aches and pains, the likes of ibuprofen would suit these best.
- To relieve the stuffy blocked nose you could try sitting in a steamy bathroom with the door closed this will give you instant relief from the stuffy feeling.
- If the air in your home is dry a humidifier or vaporizer can moisten the air to ease congestion and coughs.
- Lozenges can give you some relief from that sore scratchy throat, these can

## **Christmas Fun!!!!**

- What often falls in the North-Pole but never gets hurt???

**SNOW!!!!**

- What do lions sing at Christmas?

**Jungle Bells**

- What do you call Santa when he stops moving?

**SANTA PAUSE!!!**



## **LET'S WELCOME OUR NEW ELF'S TO ROCDOC**

Santa has delivered us two very special little elves to keep an eye over all the staff and patients here at ROCDOC, Their names are ROC and DOC. Please keep an eye on them as they like to get up to mischief LOL.



**We would like to thank all of your for your business and support throughout the year. THANK YOU**