



WHITBY, COAST & MOORS
PRIMARY CARE NETWORK

December 2022



Monthly Newsletter

Inside this newsletter

Updates from Whitby...	1
5 HIV Facts.....	2-5

Updates from Whitby

Appointments

In the last 4 weeks 24/10/2022—20/11/2022 Whitby has serviced a total of **6932** appointments. **2377** of those appointments were provided as same day appointments. **65.3%** of appointments at Whitby in that period were face to face, which equates to **4528** appointments.

Christmas Opening Hours

Monday 26th December CLOSED
Tuesday 27th December CLOSED
Wednesday 28th 08:00—18:30
Thursday 29th 08:00—20:00
Friday 30th 08:00—18:30
Monday 2nd January CLOSED
From Tuesday 3rd January normal opening resumes

Prescription Collection

Please order any prescriptions needed for the festive period in good time and allow 3 days to pick up during Christmas opening hours. Whitby Group Practice however is only closed on December 26/27th and January 2nd. Normal service for prescriptions will resume from January 3rd 2023.

Covid-19 Vaccination Programme

The covid vaccination programme will be coming to an end in December 2022, if you are in a priority group and have not booked in for your vaccine please contact the practice at your earliest convenience.

Merry Christmas from all at Whitby Group Practice

50 HIV FACTS

What is HIV?

HIV is a virus. This virus lives inside the body.

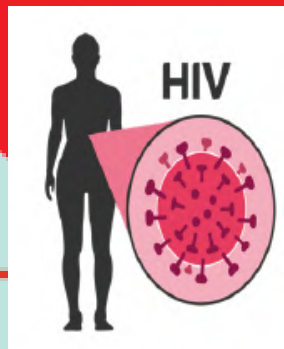
HIV stands for Human Immunodeficiency Virus.

HIV makes it easier for people to become ill.

This happens because HIV makes it hard for the body to fight infections.

It is important to get the right information and advice about HIV.

These are some facts you should know.



1 Who can get HIV?

Anyone can get HIV.



2 How to find out if you have HIV



There are tests to check for HIV.

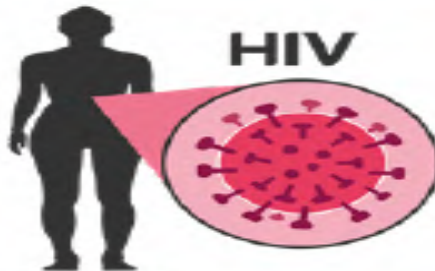
This can be with a GP or in a sexual health clinic.

You cannot stop getting HIV with a vaccine.



If you are worried you might have HIV it is important to get tested as soon as possible.

3 How can you get HIV?



If the person with HIV is **not** on good treatment they can give HIV to someone else.



This can happen by having sex without using a condom.



This can happen by sharing needles with other people.



HIV can be passed from a mother to her baby during pregnancy if she is **not** on treatment.

4

How can you prevent HIV?



You will **not** get HIV from touching or kissing. You cannot get HIV if someone coughs on you.



You will **not** get HIV from sharing things like knives and forks.



You will **not** get HIV from sharing glasses or cups.



There are ways to keep yourself safe from HIV. Taking PrEP or PEP (tablets which prevent HIV either before or just after you've been exposed to it).



Never share needles with another person.



If you are having sex use condoms.

5

Living with HIV



There is no cure for HIV.

There are medicines for HIV that can keep people healthy.



This means the person with HIV cannot give HIV to someone else.



People with HIV who are on good treatment can live long and healthy lives like everybody else.



There are people and places that can help.