

# Check it out!



It is important to still look after your health during Coronavirus [COVID 19] isolation.



We have all been told how important it is to stay at home while the **Coronavirus (COVID 19)** is making many people unwell..



We may still become unwell with **other** health problems during this time.

To help keep healthy, we must make sure we still get our health checked out when we need to.



We can help ourselves by knowing about some important health issues.

This website has some really good easy read information

[www.hertfordshire.gov.uk/ldmyhealth](http://www.hertfordshire.gov.uk/ldmyhealth)



On the website there is information on the following health issues



## Know your Poo

Constipation can be very harmful to your health, so make sure you know your poo.

## Know your Wee

Dehydration can be very harmful to your health, so make sure you know your wee and drink plenty of water.



## Checking your Breasts

Everyone should check their breasts for changes or lumps and get this checked out.



## Checking your Testicles

Men should check their testicles for lumps or changes and get this checked out.

There is also information on watching your weight, your mood, your teeth, asthma, high blood pressure, epilepsy, bone health and more.



Your GP practice is still there to help you with any health issues that you notice.



Ring your GP practice if you need an appointment. They will speaking to you on the phone about what is wrong.



They may book a **Telephone Appointment** with a doctor or nurse. The doctor or nurse may give you advice on the phone about how to keep healthy at home.

They may decide that they need to see you for some more checks.



They may arrange for you to visit the GP Practice.

It will not be busy, so you will be able to still stay 2 meters from anyone in the waiting room.



They may feel that someone need to come and see you at **Home**.

## Annual Health Checks



If you are due your **Annual Health Check**, they may arrange to do this by video call or by telephone.

At the end of the Annual Health Check they will send you a **Health Check Action Plan**

They may ask to see you if they think it is important for you to have more checks.

Or they may say that any extra checks can wait until after **Coronavirus Restrictions** have stopped.



Stay safe and well. Please call your GP Practice if you are worried about a health issue.