

SOUTHERN FLEURIEU FAMILY PRACTICE

Trusted Care for Over 15 Years
ALL PATIENTS WELCOME



OUR DOCTORS

Dr Brenton Martin. Dr Kin Lau. Dr John Law. Dr Roumi Spassova. Dr Paul Worley.
Dr Rajpal Poonia. Dr Meiyang Leng. Dr Angela Knight. Dr Gerard Cobiac. Dr KC Hor.

*Opening hours are subject to doctor availability and some terms and conditions apply to practice bulk billing.
Please refer to our website or phone the practice for more information.

OPEN 7 DAYS
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 **175 Main South Rd, Yankalilla SA 5203**

PRACTICE NEWS

NURSING STAFF UPDATE

My name is Alec Burney and I am a Registered Nurse who has just started working at SFFP GP clinic in Yankalilla. I am a 27 years old and have recently made the move from Melbourne to South Australia, and am now living in McLaren Vale. I have been a nurse for 5 years and have been working in an emergency department for most of my career. I am excited about my transition to general practice because I will have more time to connect with my patients and be involved in their ongoing care. The endless vineyards and beautiful beaches have also caught my attention, and I feel very settled living here already. Health promotion and disease prevention are extremely important to me and I strive to deliver expert care every day.

HEALTH NEWS FLU SEASON COMING SOON

Protect yourself and your family this flu season!

Influenza, or the 'flu' is a highly contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and further complications can develop in some people which can lead to death. The flu can be caught at any time, but is more likely to happen during the colder months of April through to October.

Symptoms of the flu can include: fatigue, fever, chills, headache, cough, sneezing, runny nose, muscle aches and reduced appetite.

The flu vaccine and good hygiene are the ideal ways to protect yourself against the flu.

TIPS TO FIGHT THE FLU

Flu vaccine

It is important to get the influenza vaccination each year to continue to be protected as flu strains change over time.

Wash hands

Hand hygiene is one of the best ways to help prevent a cold or flu from spreading. Wash your hands regularly with soap and water.

Keep surfaces clean

Clean surfaces such as your keyboard, telephone and door handles regularly to get rid of germs.

Cover coughs and sneezes

Cover your mouth and nose when coughing or sneezing. Preferably with your elbow rather than your hand.

Throw out tissues

Throw disposable tissues in the bin immediately after using them.

Avoid sharing

Try not to share cups, plates, cutlery and towels with other people, as this could spread germs.

For more information visit www.healthdirect.gov.au



**GET YOUR
FLU SHOT**

