

Central European Practice

March 2022

CEP News

Children's COVID 19 vaccination proof –

Children ages 12 and over are now able to view COVID vaccination proof via a digital vaccine passport the same way as adults via app or <https://covid-status.service.nhs.uk/>

Extending in Post? - If you extend in post you need to inform Healix as soon as you get your extension confirmation so that they can extend your registration with them.

Dechoc in March for British Heart Foundation –

BHF is calling on chocoholics to give up chocolate for the month of March and fundraise for the BHF. Anything with cocoa in it is off limits for 31 days – from the sprinkles on your cappuccino to the movie night snacks.

Ovarian Cancer Awareness Month - Lets end inequalities – to ensure all women receive the best care regardless of ages, location and ethnicity. We want to reach a world where no woman dies of ovarian cancer. This march there is so many [steps](#) you can take to help us get there.

National NO SMOKING day 9th March – may encourage to help people quit smoking this year!

World Autism Acceptance Week 28th March- 3rd April – 60th anniversary to fundraise to help create a society that works for autistic people for help, advice or to get involved please [click here](#)

Ticks! – Tick season is starting as the weather starts to get warmer. Ticks can carry Lyme disease which may be transmitted to humans through their bite. Please make sure you check yourself, your children, and your pets and carefully remove any ticks. If you require a FREE tick remover, please contact the CEP. To prevent tick bites, use a chemical repellent with DEET, permethrin or picaridin.

Don't forget to top up on Vitamin D!

The Defence Nutritional Advisory Service are reminding all UK adults of the importance of ensuring vitamin D levels retained at optimum levels throughout the year by taking a daily supplement of 10mcg (400 IU) throughout the winter months Oct-Apr. If you are an adult living in a European country with a climate similar to the UK you are encouraged to follow this advice too. Supplements can be gained in most pharmacies. For more information please visit: <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

Other awareness days in March

1st Self Injury Harm awareness day SIAD
3 – 9th Endometrioses Awareness
10th World Kidney Day
14 - 20th Salt Awareness
18th Comic Relief & World Sleep Day
20th International Day of Happiness
21st World Down Syndrome Day
25th Wear a Hat Day for Brain Tumours
30th Bipolar Day

For the latest medical updates please refer to EJUS.net

Contact your practice:

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