



Dental Clinic

### **Public Health Information: Coronavirus (2019-nCoV)**

Coronavirus (2019-nCoV) is a respiratory illness that has not previously been seen in humans.

The coronavirus outbreak has been declared a global emergency by the World Health Organisation, as the virus continues to spread outside China, with confirmed cases in the UK.

### **Advice to travellers returning from China**

If you have returned from China in the last 14 days, even if you do not have symptoms of the virus:

- Stay indoors and avoid contact with other people
- Call NHS 111 to inform them of your recent travel to China

Symptoms usually include:

- A cough
- A high temperature
- Feeling short of breath

<https://www.nhs.uk/conditions/wuhan-novel-coronavirus/>

<https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

### **Appointments**

If you have travelled to China in the last 14 days, have been in contact with anyone who has travelled to China in the last 14 days or has symptoms of the Coronavirus but have an appointment booked with us please call the practice on 01787 222828 to reschedule your appointment.

### **Invisalign day!**

Our Invisalign day only has a few spaces remaining!

Invisalign is a system for clear braces that will provide you with straight teeth at lightening speed. Call 01787 222828 to arrange your free\* consultation (\*please speak to reception for further details)

### Welcome Tanim

We are very excited to welcome Dr Muhammed Tanim Rahmen who will be joining us from the end of February. Tanim will be working along side us on Mondays, Thursdays and Fridays. Any patients who previously saw Priyasma will now be under the care of Tanim.

### Top Tip

After brushing, spit out any excess toothpaste. Don't rinse your mouth after brushing, as it will wash away the concentrated fluoride in the remaining toothpaste which will reduce its preventative effects.

*Best Wishes,*

*Louise McAllister & All the team at The Essex Dental Clinic*