

# Covington Station Newsletter

Come visit us on our website:

[Covingtonfamilypractice.ca](http://Covingtonfamilypractice.ca)

[Kentvillemedicine.com](http://Kentvillemedicine.com)

100 Station Lane, Kentville



## Upcoming Events

Fall 2019 Online booking of  
Appointments for  
Dr. Wadden

Fall 2019 Evening  
Appointments

To start in  
November

October 19 Dr. Nunn's flu  
clinic



## MyHealthNS

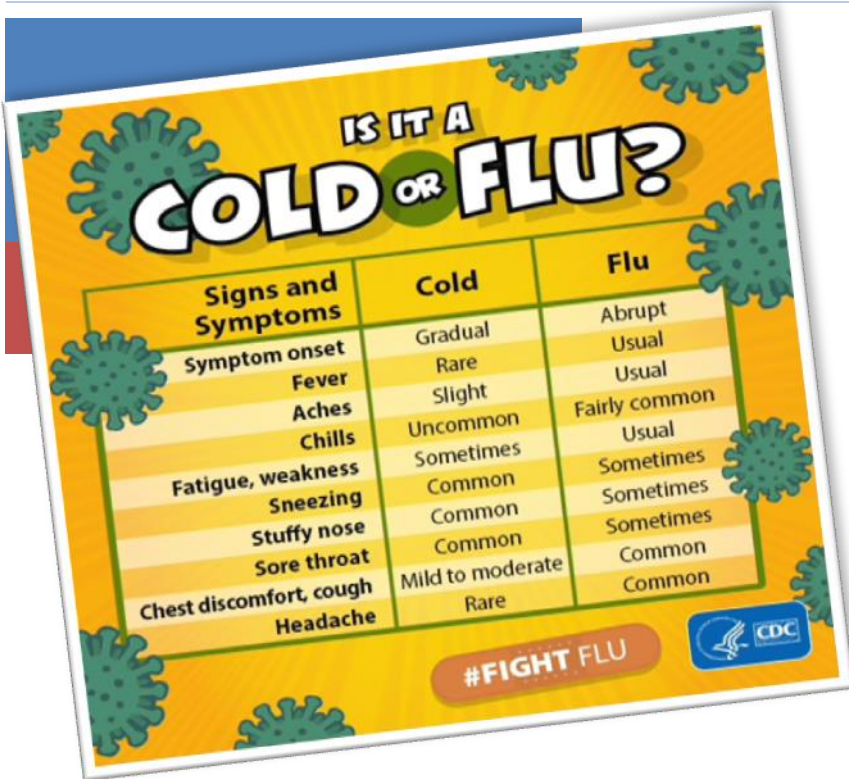
MyHealthNS gives Nova Scotians secure access to their own health information. You will be able to view your own chart information online.

## Who we are

Our team includes family physicians, nurse practitioner, gastroenterologist, family practice nurses, social worker and receptionists. We also have learners with us such as residents and medical students

Online Booking Available for Dr. Wadden

Go to: [portal.health.myself.net/Kentvillmedicine#1](http://portal.health.myself.net/Kentvillmedicine#1)



If you have a fever of 38\*c (101\*F) for more than 24 hours, Seek Treatment

Colds and the flu are viruses

No antibiotics needed

How to treat a cold or flu:

- Stay at home
- Drink water
- Over-the-counter cold medicine check with your pharmacist
- Pain reliever for headache and fever like Tylenol
- Warm, salt water gargle for a sore throat
- Rest, lots of rest
- Vaseline for raw, chapped skin around nose and mouth



## Prevention

Wash your hands often and keep your hands away from your mouth, eyes and nose

Be sure to get your annual flu vaccination