

Winter illness.

It pays to be prepared

Be prepared

Make sure your medicine cabinet is stocked up with:

- Paracetamol or aspirin.
- Anti-diarrhoeal medicine.
- Rehydration mixture.
- Indigestion mixture.
- Plasters.
- Thermometer.

Remember, if you are over 65 or have a long-term health problem, you can get a free flu jab from your GP.

Stop things spreading

To prevent something you have caught spreading to others:

- Catch coughs and sneezes in a tissue.
- Dispose of tissues quickly and safely.
- Regularly wash your hands with soap and warm water.



If you want general information about swine flu, call the **swine flu information line on 0800 1 513 513** or go to **www.direct.gov.uk/pandemicflu**

For the very young, the over 65s and people with long-term health issues, the cold weather can contribute to serious health problems.

The good news is that by following a few top tips, we can give ourselves the best possible chance of staying well this winter.

Recover properly

If you do catch a cold or flu, make sure:

- Stay at home and get plenty of rest.
- Have lots of non-alcoholic drinks.
- Eat if you feel able to.
- Let a friend or neighbour know you are ill.

Stay warm

- Keep room temperature warm and comfortable.
- Wear lots of thin layers – and a hat, scarf and gloves if you go outside.
- Have regular hot drinks and hot meals that include fruit and vegetables.
- Take regular, gentle exercise to generate body heat.
- For those over 60, low income families and people with disabilities, further information is available at www.direct.gov.uk/keepwarmkeepwell

Feeling peaky this Winter?

There's a range of NHS services on your doorstep



Self-care

Self-care is the best choice to treat very minor illnesses and injuries. A range of common winter illnesses and injuries can be treated at home simply by combining a well-stocked medicine cabinet with plenty of rest.

Self-care - essential information:

Ensure your medicine cabinet is well stocked with:

- paracetamol
- anti-diarrhoeal medicine
- rehydration mixture
- indigestion remedy
- plasters and a thermometer

NHS Direct

For internet information on all aspects of health and health care, go to www.nhsdirect.nhs.uk. It allows you to check your symptoms, check hundreds of conditions and treatments and find telephone numbers and addresses for most NHS organisations, including hospitals and GPs.

NHS Direct

confidential health advice and information around the clock contact www.nhsdirect.nhs.uk

or call

0845 46 47

Calls cost a maximum of 5 pence per minute from a BT landline. Calls from mobiles and other networks may vary. Your service provider may charge a minimum cost per call. A confidential interpretation service is available in many languages.

Pharmacist

Visit your pharmacy when you are suffering from a common winter health problem that does not require being seen by a nurse or doctor. Your pharmacist can provide advice on common winter illnesses and the best medicines to treat them.

Pharmacist - essential information:

To find your local 24 hour pharmacist, visit:

www.nhs.uk/servicedirectories

GP

If you have an illness or injury that just will not go away, make an appointment with your local GP. They provide a range of services by appointment, including medical advice, examinations and prescriptions. When absolutely essential, GPs can also provide home visits out-of-hours.

GP - essential information:

To find your local GP surgery, visit:

www.nhs.uk/servicedirectories
or call NHS Direct on **0845 46 47**

NHS walk-in centre or minor injuries unit

Walk-in centres and minor injuries units treat minor illnesses and injuries that do not need a visit to A&E. Walk-in centres are open from 7am-10pm Mon-Fri, and 9am-5pm Sat-Sun. You do not need an appointment and will be seen by an experienced nurse. For more information go to www.nhs.uk

To find your local
Your local NHS walk-in centre or minor injuries

go to www.nhs.uk/servicedirectories

A&E 999

Accident and Emergency departments should only be used in a critical or life-threatening situation. A&E departments provide immediate emergency care for people who show the symptoms of serious illness or badly injured. Dialing 999 and stating a medical emergency will result in a response vehicle being sent to your location.

Your local A&E

To find your local hospital go to www.nhs.uk/servicedirectories