

Winter Update - NHS

As we head deeper into winter, some tips and advice from the NHS to help keep you fit and well:

- **Be prepared** – stock up with cold remedies, pain killers, such as paracetamol or ibuprofen, stave off upset stomachs with anti-diarrhoea capsules and rehydration mixtures, and keep plasters and bandages on hand for any cuts or scrapes.
- **Get a free flu vaccination if you are aged 65 or over, have a long-term health condition, are pregnant, are a main carer or are a young child** – it will keep you from having a long recovery from this nasty illness, so book an appointment with your GP practice to get protected. Some pharmacies also offer NHS flu vaccinations to those aged 18+.
- **Prescription medicine** - if you use prescription medicine please ensure you will have enough to last over the festive holidays. GP practices will be closed on Monday 25 Dec, Tues 26 Dec and Mon 1 Jan.
- **Seek help from your pharmacist** – they are qualified health professionals who can advise on everything from a cold to long-term conditions. This is often the best and quickest way to get well. You can see a list of pharmacies open on Christmas Day, Boxing Day and New Year's Day [HERE](#) – this list is also attached.
- **Beat the winter blues** - talk to someone. Talk about your anxieties with someone else, a friend, relative or a group such as the free Wellbeing Suffolk service on [0300 123 1503](tel:03001231503) or the Samaritans on the free [116 123](tel:116123) number. Talking about the things that are worrying you can make a big difference.
- **NHS 111** - Urgent medical help and advice from NHS 111 **is now available online** by visiting <https://www.111onlinesuffolk.careuk.com/Portal/CareUK/>
- **You can still call the service on 111**. Both online and telephone services are available 24 hours a day, seven days a week.



There are now two ways to access urgent medical help and advice – both available 24/7



www.111onlinesuffolk.careuk.com or call 111