

Self Care Newsletter

Winter 2019



Upton Surgery



PERSHORE
MEDICAL
PRACTICE



Abbotswood
Medical Centre



Flu Vaccine this Winter



Are you eligible for a free NHS flu vaccination?

Flu can be more dangerous if you are over 65, have an existing health problem, are pregnant, a carer, or children under 4.

Don't put it off. Get your flu vaccination straight away. Ask at your GP Practice.

STAY WELL
THIS WINTER



The Flu vaccination is the best line of defence against Flu and free to at-risk groups. Complications from Flu can be life-changing, and the best solution is to be vaccinated.

These vaccines have been available at your surgery since October and throughout the Winter. Ask at your surgery for further information on their flu-clinics.

Flu vaccine is the best protection against an unpredictable virus that can cause unpleasant illness in children and even death among at-risk groups.

If you do get flu after vaccination, it's likely to be milder and shorter-lived than it would otherwise have been. There's also evidence to suggest that the flu vaccine can reduce your risk of having a stroke. Over time, protection from the injected flu vaccine gradually decreases, and flu

strains often change. New flu vaccines are produced each year, which is why people in at-risk groups are advised to have the flu vaccine every year.

Keep Warm, Keep Well

Staying well in winter is vital, so we have **5 tops tips** to ensure your good health.

- 1. See a pharmacist as soon as you feel unwell.** They offer treatment advice for many minor illnesses, and can tell you when you need to see a doctor.
- 2. Get a flu jab.** Flu can lead to serious illnesses, such as pneumonia and bronchitis, and even death.
- 3. Keep your home warm to at least 18C,** keeping windows closed at night. Do not let yourself feel cold for extended periods. Staying warm by wearing layers can also help.
- 4. Eat at least one warm meal a day,** & eating regularly as this also helps you stay warm.
- 5. Regularly visit vulnerable relatives and neighbours.** They may need more care if frail.

Christmas Opening Hours

We would like to inform all our patients that we will be open from 8 am to 6.30pm all throughout the Christmas period, with the exception of the Bank Holidays of Christmas Day, Boxing Day and New Years Day. We will be closed on these days.

If you need non-urgent advice over the Christmas period, please call 111 or visit www.nhs.uk.

We would also like to take this opportunity to wish you a very Merry Christmas and a Happy New Year.

Your Medicine Cabinet

Keeping your medicine cabinet well-stocked is vital and these are the essentials we recommend.

Pain Relief - Have an in-date supply of paracetamol, Ibuprofen and Aspirin to relieve most minor aches and pains. They can also help with colds to reduce temperatures.

Antihistamine—This is vital to combat allergies, insect bites and hay-fever. You can have both oral and cream antihistamine and it is useful to keep both stocked.

Oral rehydration Tablets - Oral rehydration salts, available at pharmacies, are an easy way to help restore your body's natural balance of minerals and fluid, and help your recovery.

Anti-diarrhoea remedies—quickly control symptoms of diarrhoea. The most common anti-diarrhoeal is loperamide, sold under the names Imodium, Arret and Diasorb, among others.

Other important tablets are indigestion and heartburn tablets as well as Sunscreen being a year-round essential. Having a fully-stocked first-aid kit is also vital.



Keep



ANTIBIOTICS
DON'T
WORK
FOR
EVERYTHING



Keep Antibiotics Working

On Tuesday 23rd of October, Public Health England launched their second national campaign of 'Keep Antibiotics Working', highlighting dangers of taking antibiotics when you don't need them and the dangers of not completing a prescribed course of antibiotics. The development of superbugs, strains of bacteria that have developed resistance to many different types of antibiotics, are causing infections that can be serious and challenging to treat, and are becoming an increasing cause of disability and death globally.

The best way to combat this threat is to take all advice given to you by your clinician when you have an infection, and to finish any course of antibiotics you are given, even if you feel far better before this point.

GLOBAL A failure to address the problem of antibiotic resistance could result in:



10m
deaths
by 2050

Costing
£66
trillion

For more Information on any of the topics, please Visit the NHS Website at www.NHS.uk or visit the Public Health England website at <https://www.gov.uk/government/organisations/public-health-england>