

Feeling unwell this winter?

Self care

A lot of common illnesses can be treated at home with plenty of fluids, rest and a well stocked medicine cabinet. If you are otherwise fit and healthy, you do not need to see a GP for coughs, colds or flu - unless your symptoms worsen or you have breathing difficulties.

From stomach upsets to eye infections, your pharmacist can give you expert, confidential advice and over the counter treatments without an appointment.

Before you visit your GP - Think Pharmacy!

**Think
Pharmacy!**

**Think twice
before visiting
A&E.**

Help keep A&E and 999 services free to deal with life threatening conditions such as heart attacks, meningitis and serious injury.

If you have an illness that won't go away, contact your GP surgery for advice. Telephone advice and emergency appointments are available. If you need to see a GP urgently when your surgery is closed, call your surgery to be transferred to the GP out-of-hours service (CHoC).



Are you flu safe? *Get the jab!*

Flu can be a serious illness...are you at risk?

Getting a flu jab can protect you all winter. It's free if you are over 65, pregnant, or have a long-term health condition such as severe asthma, diabetes, a chest, heart, liver or kidney complaint or lowered immunity.

You need to get the flu jab every year. It's quick, safe and free. To book your jab, speak to your participating pharmacy today.

