

HELP US HELP YOU

STAY WELL THIS WINTER

NHS

No matter how old you are, or where you live, there are lots of ways you can make simple changes to your lifestyle which will help you to stay well.

If you do feel under the weather remember help is at hand, whether that is self care, getting advice from your local pharmacist or calling 111.

 Self-care	Self-care means you can look after yourself and your family easily. Look inside for tips on how to be prepared this winter and see www.nhs.uk for more.
 Pharmacy	Need more help or advice? Pop into your local pharmacy. Many are open evenings and weekends so you can see them when you need to.
 NHS 111	When you're unwell and need help call 111 - it's free and it's there for you 24/7.
 Your GP and Out of Hours	If you have an illness or injury that won't go away, call your practice.

Flu

Did you know?

It's easy to treat the symptoms of flu at home if you have a well stocked medicines cupboard.

Many people living in Milton Keynes are entitled to a free flu jab. Have you had yours?

Speak to your GP, pharmacist, school nurse, health visitor or midwife for more information, or visit: www.nhs.uk

Catch It, Bin It, Kill It

Remember coughs and sneezes spread diseases! Cover your cough or sneeze with a tissue, bin the tissue safely and wash your hands with soap and warm water.

Stay Well and be prepared for cold weather



Eat well



Stock up your medicine cabinet



Keep active

Keeping warm helps keep you well

Keep your house warm, keep yourself warm

Top tips include: keeping doors closed, insulating your home, closing curtains at dusk, having hot meals and drinks, wearing layers.

Look after your mental health with the 5 Ways to Wellbeing.

Be
Active

Keep
Learning

Give

Connect

Take
Notice

Be a good neighbour

Take time out this winter to look in on an elderly friend or neighbour to make sure they are warm and coping well.



Norovirus

This is also known as the winter vomiting bug. It is very common and affects people of all ages. It is easily spread by unclean surfaces, an infected person or having contaminated food and drink. The symptoms are very specific - feeling sick all of a sudden, followed by projectile vomiting and watery diarrhoea.

To stop the spread of the virus:

- Wash your hands thoroughly after using the toilet, before preparing food and before eating. Use soap and water and dry your hands properly. Alcohol hand gels do not kill the virus.
- Do not visit A&E or GPs with symptoms as this may spread the virus. Stay at home until the symptoms have stopped for 2 days. If symptoms do not improve within 2 days, or you have concerns call 111 or your GP.

The winter vomiting bug does not last long. Most people will make a full recovery within 1-2 days. It is important to keep hydrated - take extra care with children and the elderly. Please see below.

Stay hydrated

Water is important to help your body work properly. Compare the colour of your urine (pee) to the chart below. It will show if you are hydrated (good) or dehydrated (bad).

1	Hydrated		Carry on drinking water as usual
2			
3			
4	Dehydrated		Drink a large glass of water now.
5			
6			
7	Severely Dehydrated		Drink lots of water now and then every hour. If it does not get better, call the doctor
8			

Visit your local pharmacy

Pharmacists are trained health professionals and provide on the spot help and advice on:

- coughs, colds or flu
- seasonal flu vaccinations
- emergency contraception
- skin conditions
- allergies
- aches and pains like headaches, earache and backache
- indigestion
- diarrhoea
- minor cuts and bruises
- help losing weight or giving up smoking
- stocking up your medicine cabinet

They are local and many are open evenings and weekends.

Repeat prescriptions

If you have a repeat prescription, make sure you order at least a week before your medication is due to run out.

Normally it takes 48 hours to process a repeat prescription, but it can take longer over bank holidays.



Services near you

To find your nearest pharmacy, GP surgery or check opening hours visit www.nhs.uk/Service-Search.

For more information visit

www.miltonkeynesccg.nhs.uk
or contact miltonkeynes.ccg@nhs.net

