



# Are you ready for winter?

**You can take action now to help stay healthy over the winter months:-**

- ❖ Eat a healthy diet with plenty of fruit and vegetables
- ❖ Exercise regularly
- ❖ Get your Flu immunisation if you are eligible
- ❖ Stock up your medicine cabinet with over the counter medication

**If you do catch a cold or other similar seasonal minor illness, please consider the various care options you have:-**

## **1/ Self-care**

With the right advice and information, everyday illnesses like colds and sore throats can be easily treated at home. You may find the following websites helpful

[www.nhs.uk/Livewell/winterhealth/Pages/Winterhealthhome.aspx](http://www.nhs.uk/Livewell/winterhealth/Pages/Winterhealthhome.aspx)

[www.nhs24.com](http://www.nhs24.com)

[www.patient.co.uk](http://www.patient.co.uk)

## **2/Consult your Pharmacist**

You can get free help and advice about health problems from your local pharmacist. Pharmacists are qualified experts and you don't need an appointment. You might also qualify for the Minor Ailment Service which provides advice and **free treatment\*** if you need it for certain minor illnesses.

\*The MAS is an NHS service for children, people aged 60 or over and those who hold medical exemption certificate or are on certain benefits.

## **3/Book an Appointment at Cos Lane Medical Practice**

If you feel you need to come to the surgery to discuss your symptoms, please telephone the surgery to book an appointment. You may also book an appointment online. You will be asked a few questions by our receptionist to make sure we book the correct type of appointment for you with the correct medical professional. For minor illnesses this will usually be with our Nurse Practitioner who runs daily clinics.

Should you become unwell out with the practice's opening hours which are Monday – Friday 8.00a.m. to 6.00pm and you can't wait until we reopen you should telephone **NHS24 by dialing 111**