

Top tips to stay well this winter

Make sure you get your flu jab if eligible

Flu strikes in winter and it can be far more serious than you think. Speak to your Pharmacist or GP for more details.

Call NHS 111

Call 111 if you need medical help fast, but it's not life-threatening or you're not sure where to go. NHS 111 is available 24 hours a day, 365 days a year.

Get help from your local pharmacist

Pharmacists are fully qualified to advise you on the best course of action. So go and see a pharmacist as soon as you start to feel unwell.

Make sure your medicine cabinet is fully stocked

Make sure you have a well-stocked medicine cabinet. Basics like painkillers and cold remedies can help to avoid a minor illness from getting worse.

Look out for other people

Remember that other people, like older neighbours, friends and family members, may need a bit of extra help over the winter. Keep in touch with your friends, neighbours, and family.

For more information visit: www.nhs.uk/staywell