

**DR RAJA & PARTNER**

Our winter 2019 Newsletter.



**Stay well this winter with the help of a new NHS website!**

[**WWW.NHSSTAYWELL.ORG**](http://WWW.NHSSTAYWELL.ORG)

Winter is traditionally a very busy time for GPs and hospitals. It brings with it illnesses and ailments such as flu, coughs and colds and Norovirus (the winter vomiting bug.) That’s why it pays to be prepared so that you can stay well during this period.

## Why Should I Get The Flu Vaccination?

If you’ve been offered a free flu vaccination by your GP or your employer, it’s because you need it. Flu is very contagious and can be a really serious illness. Having the flu vaccine doesn’t just protect you; it helps stop the flu spreading to other people who may be even more vulnerable than yourself.

## Keep Basic Medicines Stocked Up At Home

Did you know you can treat many winter illnesses at home with some basic medicines? Having a well-stocked medicine cabinet can make a big difference.

Here’s what a well-stocked medicine cabinet should include:

* Pain relief such as paracetamol and aspirin (aspirin should not be given to under 16s or those who suffer with asthma)
* Ibuprofen syrups for children.
* Mild laxative for constipation relief.
* Cold relief products.
* Rehydration mixes for those suffering from diarrhoea and vomiting.
* Indigestion remedy.
* A thermometer to check for fever.
* A range of bandages, plasters, non-absorbent cotton wool, and dressings for minor cuts, sprains and bruises.

## Banish away that winter tiredness!

*\* Eat more fruit and veg \**

*\* Drink more milk \**

*\* Try new activities for the whole family \**

*\* Have a hearty breakfast \**

*\* Get a good night’s sleep \**

## Use Your Local Pharmacist And Plan Ahead With Your Prescriptions

Don’t forget: Your pharmacist is a great source of advice and help when you are feeling unwell – and you don’t even have to make an appointment. Find out when your local pharmacy is open and keep a note of the times. Do you take pills or medication regularly? If so, make sure you are well stocked up over the winter period, particularly if the weather is bad and you cannot get out. Plan ahead with prescriptions. Don’t leave things until the last minute and risk the danger of running out of your medicines.