

## December 2012 update

### Get the jab, get Flu Safe

NHS Wiltshire is encouraging people to have their flu jab. Flu is a highly contagious infection that anyone can catch, but it can be very serious for some. For most people flu is a relatively mild illness from which they recover in a week or two – yet every year people become seriously ill because they don't get their free flu jab.

People in the 'at risk' group are more vulnerable to the effects of seasonal flu and it's recognised that they can go on to develop a more serious illness, such as bronchitis and pneumonia.

Flu is not the same as a cold and it affects people of all ages. If you're in any of the at-risk groups listed below you can get a free flu jab from your GP.

- everyone aged 65 years and over (including those who will be 65 by March 31 2013)
- all pregnant women irrespective of their stage of pregnancy
- Adults and children over six months with long term heart, lung, kidney, liver or neurological conditions
- people with diabetes
- anyone who has a reduced immunity because of an illness or medical condition
- people with asthma
- anyone in long-stay residential care
- carers of disabled or elderly people and healthcare workers that are in direct contact with patients

The flu jab is completely safe, even for pregnant women, and it can't give you flu as it does not contain any live virus.

Get the best protection for yourself and your family by being flu free this winter and book your appointment today.

### Choose Well campaign

NHS Wiltshire is appealing to the public not to go to A&E departments this winter unless they genuinely have a very serious or life threatening health problem.

Every year hospitals report that the number of people using A&E inappropriately is increasing – costing the millions of pounds – when there are more suitable health services available.

The Choose Well campaign aims to encourage people to find a more appropriate service for minor injuries and ailments. In particular, the campaign will focus on providing information to:

families with young children

young people aged 15 – 24

people with long term conditions such as diabetes or respiratory problems.

The Choose Well campaign asks the public to think about how serious their health problem is and then choose the right service:

- For very minor problems such as a hangover, indigestion, or a grazed knee, people should self-care
- For minor infections, coughs and colds, advice can be given by local pharmacies
- For ailments such as stomach pain and vomiting, a persistent cough or ear pain call your GP surgery, visit your local walk in centre or your minor injuries unit. Details can be found at [www.nhs.uk](http://www.nhs.uk) A mobile phone friendly web-link is also available at <http://bit.ly/nhsnwQR>

If you are not sure which service to choose, call NHS Direct on 0845 4647.

### **Non-Urgent Patient Transport Services**

The Department of Health defines non-emergency Patient Transport Services (PTS) as the non-urgent, planned, transportation of patients with a medical need for transport to and from a premises providing NHS healthcare and between NHS healthcare providers.

This can and should encompass a wide range of vehicle types and levels of care consistent with the patients' medical needs.

We are seeking the opinion of local people who use non-urgent patient transport on how the current service is being provided and encourage you to complete the questionnaire and share your views.

Please go to our website to complete our questionnaire:

<http://www.wiltshire.nhs.uk/Default.aspx.LocID-01Inew02q.RefLocID-01I007003001.Lang-EN.htm>

If you would like a hard copy of the Questionnaire, please call the communications department on 01380 736010.

The next PCT Cluster Board Meeting will be held on **Weds 23rd January** – venue TBC Members of the public are welcome to attend. Papers are published a week before the meeting on [www.wiltshire.nhs.uk](http://www.wiltshire.nhs.uk) or on request from Stacey Saunders, NHS Wiltshire, email: [stacey.saunders@wiltshire.nhs.uk](mailto:stacey.saunders@wiltshire.nhs.uk)