







December 2016

Staying Healthy this winter

NHS Wiltshire CCG is urging people to keep warm and well this winter, especially as the nights are starting to draw in and the temperature is dropping.

The cold can have serious consequences as it can increase the risk of strokes and heart attacks as well as causing people to catch colds and flu. Wrapping up warm, keeping the heating turned up, making sure you have enough winter food supplies and keeping a well-stocked medical cabinet in case you do catch a cold or flu are all sensible steps to take.

What to keep in your medicine cabinet

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| <p>Painkillers</p>  <p>Aspirin, paracetamol and ibuprofen are highly effective at relieving most minor aches and pains.</p> | <p>Antihistamines</p>  <p>Useful for dealing with allergies, insect bites and hay fever.</p> |
| <p>Oral rehydration salts</p>  <p>Oral rehydration salts can help restore your body's natural balance of minerals and fluid lost through diarrhoea, fever, and vomiting - if you can't continue your normal diet.</p> | <p>Indigestion treatment</p>  <p>If you have stomach ache, heartburn or trapped wind, a simple antacid will reduce stomach acidity and bring relief.</p> |
| <p>Anti-diarrhoea tablets</p>  <p>It's a good idea to keep anti-diarrhoea medicine at home as diarrhoea can happen without warning. Causes include food poisoning and a stomach virus.</p> | <p>Suncream</p>  <p>Keep a suncream of at least factor 15, with UVA protection. Exposure to the sun can cause sunburn and increase your risk of skin cancer.</p> |

In Wiltshire, there are numerous ways to get healthcare advice and treatment. Consider all the options available to help you make the right decision about where to go if you need treatment.



NHS 111: free non-emergency number | trained call handlers will listen to your symptoms and direct you to the best medical care for you | 24 hours a day, 365 days a year

NHS Choices: UK's biggest health website | 24 hours a day, 365 days a year | www.nhs.uk | for information specifically for Wiltshire, visit: www.yourcareyoursupportwiltshire.org.uk

GP out of hours: 6.30pm - 8am on weekdays and all day at weekends/bank holidays | call your GP to access the service | call 111 if you urgently need medical help, but it's not life-threatening

Minor Injuries Unit (MIU): treat minor injuries that are not life-threatening e.g. cuts, bites and simple fractures | Trowbridge x-ray: 9am - 1.30pm and 2pm - 5pm | Chippenham x-ray: 9am - 12.30pm and 1pm - 5pm

Pharmacist: experts in medicines | advice on common ailments | potential alternative to a GP visit | opening hours vary, for your local hours visit: bit.ly/YourPharmacy

GP: see a GP if you have a condition that can't be treated with over the counter medication or advice from a pharmacist | for your local GP details visit: bit.ly/My_GP

A&E: for genuine life-threatening emergencies only | 24 hours a day, 365 days a year