

Tips for Keeping Well in Winter

Be Prepared

Make sure to order prescriptions in plenty of time, particularly over the holiday period & check opening hours of local pharmacies.

Stay Warm

One of the best ways of keeping yourself well during winter is to stay warm. If you have reduced mobility, are 65 or over or have a health condition such as heart or lung disease, you should heat your home to at least 18C and make sure you wear enough clothes to stay warm. Please visit <https://gov.wales/wales-fuel-support-scheme-2022-2023> for information regarding support available.

Self-Care

Self-care is important for our health. We should have a healthy diet and exercise regularly. There are many things that you can do to look after yourself at home when you have a minor illness. You can get immediate self-help advice through local common ailments and minor injuries services.

Choose Pharmacy - common ailments service.(CAS service)

You will receive advice and free treatment from your community pharmacist for common ailments such as: -

• indigestion • constipation • diarrhoea • piles • hay fever • head lice • teething • nappy rash • colic • chicken pox • threadworms • sore throat • athlete's foot • eye infections • mouth ulcers • cold sores • acne • dry eyes • dermatitis • verruca • back pain • vaginal thrush • oral thrush • scabies • in-growing toenails. Contact your local pharmacy for further advice. If the pharmacist feels that it is better to see your

GP or another Health Care professional, they may tell you to make an appointment.

Colds and sore throats

You can help prevent colds by washing your hands regularly. Sore throats are common in winter and are mostly caused by viral infections. **Stay hydrated.** Water, juice, clear broth, or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee, and caffeinated sodas, which can make dehydration worse.

- **Rest.** Your body needs rest to heal.
- **Soothe a sore throat.** A saltwater gargle can temporarily relieve a sore or scratchy throat. Children younger than 6 years are unlikely to be able to gargle properly.

It is advisable to see the GP if, your symptoms are severe, if your symptoms do not improve after a week, if you have a weak immune system (e.g., undergoing chemotherapy) or if you experience sore throats frequently.

Sore Throat Test & Treat Service - Well Pharmacy are expecting to have this service up and running by 16th December 2022. They ask that patients telephone them, so that a suitable date and time for the 30 minute consultation can be made.

The service will not be available for patients under the age of 6, immunosuppressed or asymptomatic. Patients who do not meet the criteria will be asked to contact their GP.

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Flu

The best way to prevent getting flu is to have the flu jab (or nasal spray for children aged 2 to 18). The flu vaccine gives good protection against flu and lasts for one year.

If you are aged 65 and over or have a long-term health condition such as diabetes or kidney disease, please call the surgery or local pharmacy to make an appointment to get the vaccination.

Norovirus

Also known as the winter vomiting bug, Norovirus is an extremely infectious and unpleasant stomach bug, but it is usually over within a couple of days. When people are ill with vomiting and diarrhoea, it is important to drink plenty of fluids to prevent dehydration. Young children and the elderly are especially at risk. Drinking oral rehydration fluid (available from pharmacies), can help.

Asthma

Cold air is a major trigger of asthma symptoms such as wheezing and shortness of breath. If you do go out, wear a scarf over your nose and mouth. Be extra vigilant about taking your regular medication and keep reliever inhalers close by and in a warm place.

Be a good Neighbour

Please check on older neighbours or relatives to make sure they are safe. Older people are particularly vulnerable during the winter as cold weather increases the risk of illnesses such as colds, coughs, flu, heart attacks, strokes, breathing problems and hypothermia. Ask if they have had a free flu jab and, if not offer to make an appointment at the GP surgery.

Make sure they're warm enough, especially at night, and have stocks of food and their regular medications. If you are worried, ask if there's a relative or close friend that you can telephone.