

# Get winter ready

## Your checklist for winter 2019/20

### Working together to help your local NHS provide great care throughout the winter

#### 1. Make sure you know the best place to get care if you or a family member feels poorly.

At the first sign of a winter illness, even if it's just a cough or cold, get advice from your pharmacist before it gets more serious. Your local pharmacy can provide advice on a wide range of conditions and common illnesses.

Urgent care centres are for when you have a minor illness or injury that can't wait until your GP surgery is open.

For NHS advice over the phone or if you're not sure which service you need, call **111**, available seven days a week, 24 hours a day. Visit [www.rightcarenwondon.nhs.uk/gettinghelp](http://www.rightcarenwondon.nhs.uk/gettinghelp) for a directory of local NHS services.

A&E departments provide vital care for life-threatening emergencies.

#### 2. Make sure you know what to do if you think you have flu or have diarrhoea or vomiting.

Be thorough about cleaning your hands to help protect yourself and prevent the spread of infection. If you have diarrhoea or vomiting, avoid attending hospital or your GP surgery as the virus can spread to others very easily. Seek NHS advice by calling **111** or call your GP.

#### 3. Keep warm and be prepared

Make sure you eat well, stay hydrated and keep warm. Keep over-the-counter medicines, including paracetamol and ibuprofen, at home in case you need it. Look out for other people, such as older neighbours, friends and family members, to make sure they're staying well too.

#### 4. Make sure you get your flu jab

It's free if you're aged 65 or older or if you have a long-term health condition. If you have young children or grandchildren, they may also be eligible for a free flu vaccination. You may also be eligible if you are the main carer of an older or disabled person. Speak to your GP or pharmacist.

You can find more information at [www.nhs.uk/getflujab](http://www.nhs.uk/getflujab)

