

Saddleworth Medical Practice

Winter Health

Fact Sheet



Self Care for common winter conditions

The Self Care Forum has produced fact sheets on common ailments. They include fact sheets on common winter conditions such as coughs, sore throats, and colds. The fact sheets contain information about what to expect, what to do, and when to seek medical help.

To find out more visit <http://www.selfcareforum.org/fact-sheets> or collect a fact sheet from our reception.

Stay well this winter

Winter conditions can be seriously bad for our health, especially for people aged 65 or older, and people with long-term conditions such as COPD, bronchitis, emphysema, asthma, diabetes or heart or kidney disease. Feeling unwell? Don't wait – get advice from your nearest pharmacist.

To find out more visit <https://www.nhs.uk/staywell> or collect a leaflet from our reception.

Check your medicine cabinet

Many over-the-counter medicines (including paracetamol and ibuprofen) are available to relieve symptoms of common winter ailments, such as colds, sore throat, cough, sinusitis or painful middle ear infection (earache).

Remember to pick up prescription medications before the Christmas holidays start as many pharmacies will close over the holidays.

To find out more visit <https://www.nhs.uk/Livewell/Pharmacy/Pages/Yourmedicinecabinet.aspx> or ask your pharmacist.

Have you still not had your flu jab?

If you're 65 or over or you have a long-term health condition, flu can be serious. That's why you're eligible for a free flu jab. Don't put it off. Get your flu jab straight away.

To make an appointment with the practice call 01457 872228 or alternatively speak to your local pharmacist.

Keep warm this winter

It is important to keep warm in winter, so heat your home to at least 18°C (65°F), if you can, you might prefer your living room to be slightly warmer.

If you are struggling to heat your home the Warm Homes Oldham scheme is a free service for Oldham residents, providing advice, support and energy saving measures.

To find out more visit warmhomes@oldham.gov.uk or call 0800 019 1084

Practice Festive Season Opening Times

| | | | |
|----------------|---------------|----------------|---------------|
| Christmas day | Closed | New year's day | Closed |
| Boxing Day | Closed | Tue 02/01/2017 | 07:30 - 18:30 |
| Wed 27/12/2017 | 07:30 - 18:30 | Wed 03/01/2017 | 07:30 - 18:30 |
| Thu 28/12/2017 | 07:30 - 18:30 | Thu 04/01/2017 | 07:30 - 18:30 |
| Fri 29/12/2017 | 08:00 - 18:30 | Fri 05/01/2017 | 08:00 - 18:30 |

Weekend's closed

If you need help over the holiday period when the practice is closed, call NHS 111 or visit www.nhs.uk

**STAY WELL
THIS WINTER**

Factsheet produced in association with the Patient Participation Group (PPG)

To find out more about Self Care contact:

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To find out more about the PPG contact:

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