

# HELP US HELP YOU

## STAY WELL THIS WINTER

### Help us to help you this winter

At this busy time of year, the local NHS in Leicester, Leicestershire and Rutland has shared some top tips to help you and your family stay healthy over the festive period and to help you get the right treatment should you need it.

**Tip 1:** Remember to order any repeat prescriptions you might need in time – don't forget some practices and pharmacies close over the bank holidays. You can order your repeat prescriptions online or via the NHS App – speak to your GP practice to find out more.

**Tip 2:** If you need any health advice or treatment while your GP practice is closed – call NHS 111 or visit their website ([www.111.nhs.uk](http://www.111.nhs.uk)) to check your symptoms. If needed, they can arrange for you to speak to a clinician or make you an appointment with a local service that is open near you.

**Tip 3:** Be prepared to look after yourself and others – get [some basic first aid and medicines supplies](#) in such as paracetamol, cough medicines, indigestion relief and rehydration sachets. Remember to keep them out of the reach of children and always follow the directions on the label.

**Tip 4:** Videos and advice to help you care for upset stomachs, headaches, back pain, common accidents, coughs and colds, breathing difficulties and more, are available at [www.leicestercityccg.nhs.uk/my-health/self-care/](http://www.leicestercityccg.nhs.uk/my-health/self-care/)

**Tip 5:** Visit the local NHS [Help us Help you](#) website to find out about health services that are available and their opening times over the bank holidays.

**Tip 6:** Your [local pharmacy team](#) can offer a fast and convenient clinical service for minor health concerns (such as coughs, colds, sore throats, tummy troubles, aches and pains and many more) with no appointment needed and use of a private consultation room if required. And, if symptoms suggest it's something more serious, pharmacists have the right training to ensure you get the help you need immediately.