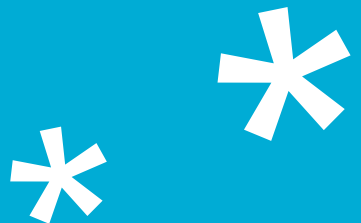




**A guide to keeping
well, being prepared
and getting the right
treatment this winter.**



During the winter months more people suffer illness or are injured than at any other time of the year.

No matter how old you are, or where you live, there are lots of ways you can make simple changes to your lifestyle which will help to keep you healthy.

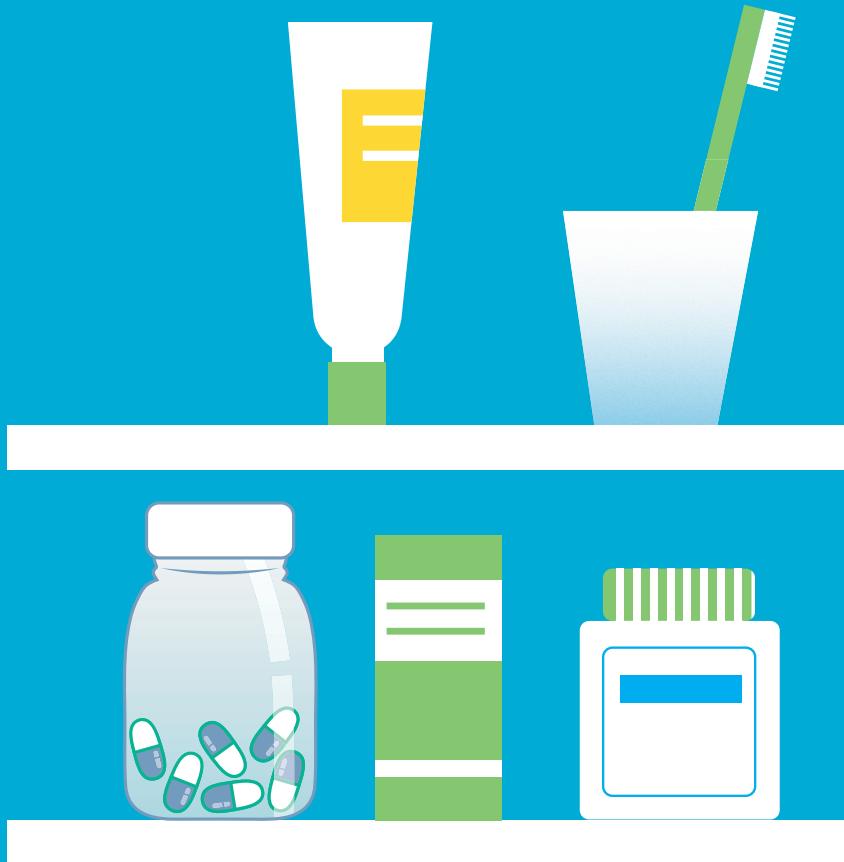
If you do feel under the weather remember help is at hand, whether that be calling 111, getting advice from your local pharmacist or visiting a walk-in centre.

This handy guide gives advice on staying healthy and what to do if you start to feel unwell.

Simple steps such as ensuring you eat well and keep active, having your flu vaccination and keeping wrapped up in cold weather can all help you to stay healthy.

There are also things you can do in the home to prepare for the cold months including keeping extra supplies in your freezer and stocking up your medicine cabinet.

Read on for more ideas.



Flu

Did you know?

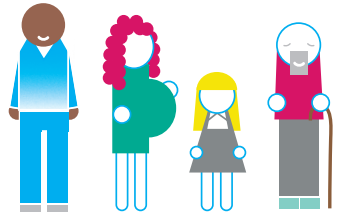
One in four people unnecessarily visit their GP or A&E as a first port of call when suffering from flu.

A third of all people living in Coventry and Warwickshire are entitled to a free flu jab.

Be prepared...

If you are in one of the following groups, make sure you get your vaccination to stay protected for the winter period:

- 65s years and over
- All people with a chronic heart, lung, kidney, liver or neurological conditions, those with diabetes and people who have a weakened immune system due to disease or medication
- All pregnant women
- Carers
- All children aged 2-4 years
- Children in Year 7 and 8 at school



Speak to your GP, pharmacist, school nurse, health visitor or midwife for more information, or visit:

www.warwickshire.gov.uk/flu

Catch It, Bin It, Kill It

Remember coughs and sneezes spread diseases.
Cover your cough or sneeze with a tissue, bin the tissue safely and wash your hands with soap and warm water.

Recognising colds and flu

The main symptoms of flu and the common cold can be similar and can include coughing, sneezing, blocked nose, sore throat, headache and a raised temperature.

Here's how to tell the difference:

Flu symptoms

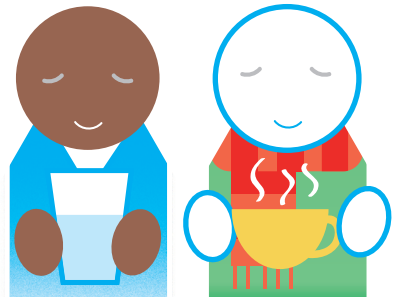
- Come on quickly and include fever and aching muscles.
- Make you feel too unwell to continue your usual activities.

Cold symptoms

- Come on gradually.
- Affect mainly just your nose and throat.
- Are fairly mild so you can still get around and are usually well enough to go to work.

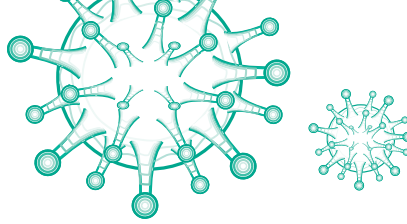
If you are otherwise fit and healthy, there is usually no need to visit your GP if you have flu-like symptoms.

The best remedy is to rest at home, keep warm and drink plenty of water to avoid dehydration.



A pharmacist can advise what is best to take for a cold. If your child has a fever, pain or discomfort, paracetamol or ibuprofen can help. Encourage the whole family to wash their hands regularly to stop the cold spreading.

Norovirus



What is it?

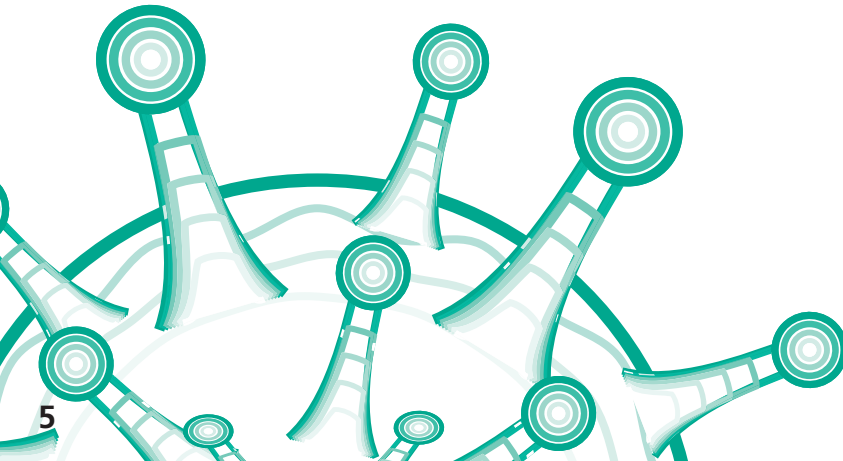
Norovirus is known as the winter vomiting bug and is highly contagious. It causes projectile vomiting and diarrhoea and affects people of all ages.

To prevent the spread of norovirus

- Wash your hands with soap and water after using the toilet and before handling food.
- Clean surfaces that are frequently touched, like toilet handles, taps, door handles and light switches.
- Avoid visiting relatives in hospital, or residential and nursing homes if you are unwell, until you have been clear of symptoms for 48 hours.

If you get norovirus

- Make sure you drink plenty of fluids to avoid dehydration. Water, squash and fruit juice are ideal.
- Take paracetamol to treat fever, aches and pains.
- Reduce the risk of passing the virus on to others by washing your hands regularly with soap and water.
- Your body should fight off the infection within a couple of days, but do seek help if you are not getting better.



Keep healthy and be prepared for cold weather

Stock up your medicine cabinet

Be ready to care for yourself during the early stages of illness. Your pharmacist can give you advice, but think about having a stock of painkillers, cough and cold remedies and enough of your regular medication if you have a long-term condition.

Eat well

Eating well is a really important way of keeping healthy. Make sure you have regular hot meals and drinks throughout the day as eating often during the winter months helps keep energy levels up. Stock up on frozen food, longlife milk and store cupboard essentials in case it is too cold outside to go shopping.

Keep active

Keeping active not only improves your health but also lifts your mood. Move around at least once an hour and don't sit down for long periods of time, as even light exercise will help keep you warm and improve circulation.

Keep Warm

Keeping warm helps keep you healthy. Top tips include: keeping doors closed, eating hot meals and drinks, wearing layers, insulating your home, closing curtains at dusk. The Energy Saving Trust offers free information on saving energy and gives guidance on available grants. Call them on **0300 123 1234**. If you live in Coventry, you can ring the Council's Fuel Poverty Team for advice on **024 7683 2330** or see www.coventry.gov.uk/energymatters. Warwickshire residents can contact the Act on Energy helpline **0800 988 2881**.

Practice good hygiene

Wash your hands regularly with soap and water for at least 15-20 seconds and then dry your hands thoroughly. This gets rid of bugs that you may have picked up from touching surfaces used by other people. It is also important to keep household surfaces and items clean, particularly those that are frequently touched, especially if someone in your house is ill.

Be a good neighbour

Remember to be a good neighbour this winter by supporting people who are ill, elderly or may just need a helping hand. Keep drives and footpaths safe by clearing leaves or offer to assist with shopping, collecting prescriptions or just popping in for a cup of tea.

Out and about

Icy pavements and roads can be very slippery. Take extra care if you go out and wear boots or shoes with a good grip on the soles. Put grit on paths and driveways to lessen the risk of slipping and wait until the roads have been gritted if you are travelling by car.

Winter blues

One in 15 Britons become depressed in winter and suffer from Seasonal Affective Disorder (SAD). There are a number of services who can help with stress, anxiety, depression and other mental health issues:

- MIND for information call **024 7655 2847** or visit www.mind.org.uk
- Rethink call **0300 5000 927**, or visit www.rethink.org or contact your GP

For more health advice and guidance call 111 or visit nhs.uk/staywell

Help is at hand

This winter make sure you get the right treatment, in the right place, at the right time.

Hundreds of people in Coventry and Warwickshire spend hours at Accident and Emergency each week for minor illness and ailments when other services could have been more appropriate.

Call 111

Trained advisers will provide you with confidential advice and guidance, direct you to the most appropriate service and can even make an appointment or despatch an ambulance without delay if necessary. 111 is a free service, available 24 hours a day, 7 days a week.

Call 111

- If you need medical help fast, but it's not a 999 emergency
- If you don't know who to call for medical help or you don't have a GP to call
- If you require health information or reassurance about what to do next
- If you think you may need to go to A&E or another NHS urgent care service

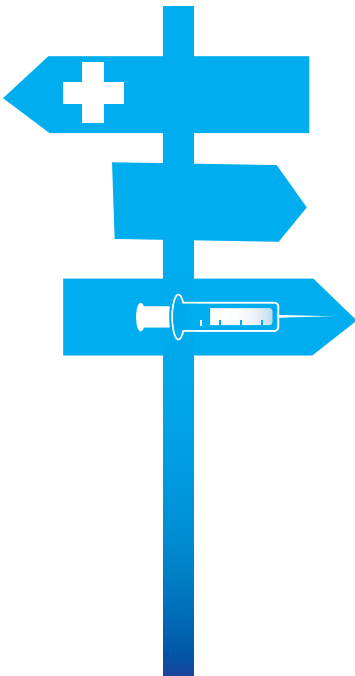


Visit your local pharmacy

As well as dispensing prescriptions, pharmacists provide a range of services and provide on the spot help and advice on minor ailments such as:

- coughs, colds or flu
- seasonal flu vaccinations
- emergency hormonal contraception
- skin conditions
- allergies
- aches and pains like headaches, earache and backache
- indigestion
- diarrhoea
- minor cuts and bruises
- help losing weight or giving up smoking

Don't forget that pharmacists are trained health professionals and offer a convenient local service, opening in the evenings and weekends.



Services near you

To find your nearest pharmacy, GP surgery or check opening hours visit www.nhs.uk/service-search. If you have an Apple or Android device you can use the free Health Sat Nav app. Just go to the App Store or Google Play and search for **Health Sat Nav** to download the app. The app can signpost to the nearest health services, as well as informing you where you can have a flu vaccination.

Visit your GP

See a GP if you have a condition you or your pharmacist cannot treat, except in cases of chest pain, shortness of breath, massive bleeding or suspected stroke, in these cases you should call 999.

If you are registered with a GP surgery you can access a range of services including:

- treatment for minor injuries
- health checks, screening and family planning advice
- referral to other specialist services
- prescriptions
- child health checks
- immunisations

GP Out-of-Hours

If you need to see a doctor or nurse more urgently, and cannot wait until your GP is open again, you can call 111. The 111 team can refer your case to the local out-of-hours service. This will then result in either a face to face appointment to attend a primary care centre to see a clinician or a home visit from a clinician.



Visit an Urgent Care or Walk-in Centre

NHS Urgent Care, Minor Injuries and Walk-in Centres give you fast access to health advice. They provide advice and treatment from experienced doctors and nurses on a range of minor illnesses and injuries including:

- Minor cuts and wound care
- Muscle and joint injuries, strains and sprains
- Skin complaints
- Emergency contraception and contraceptive advice
- Bites and stings
- Stomach ache

Centres can be found at:

City of Coventry Health Centre

Stoney Stanton Road, Coventry, CV1 4FH

Open 8am to 10pm, 7 days a week

George Eliot Hospital Urgent Care Centre

College Street, Nuneaton, CV10 7DJ

Open 8am – 8pm, 7 days a week

Stratford-upon-Avon Hospital, Minor Injuries

Arden Street, Stratford-upon-Avon, Warwickshire, CV37 6NX

Open 9am to 5pm, 7 days a week

Rugby Urgent Care Centre, Hospital of St Cross

Barby Road, Rugby, Warwickshire, CV22 5PX

Open 24 hours a day, 7 days a week.

You can simply walk in and wait to be seen.

Accident and Emergency (A&E)

A&E is open 24 hours a day, seven days a week for immediate hospital attention due to a serious illness or injury.

The rule is simple: call 999 for an ambulance or take someone straight to A&E if it is an emergency or life-threatening situation.

An emergency includes things like:

- suspected heart attack or stroke
- suspected meningitis
- breathing difficulties
- chest pain
- unconsciousness
- heavy or uncontrolled bleeding
- suspected drug overdose
- sudden and severe headaches
- severe head injuries
- serious injuries such as impalement or stab wounds
- bone fractures or burns

Open 24/7, 365 days a year. There are A&E departments at:

George Eliot Hospital

College Street, Nuneaton, Warwickshire, CV10 7DJ

Warwick Hospital

Lakin Road, Warwick, CV34 5BW

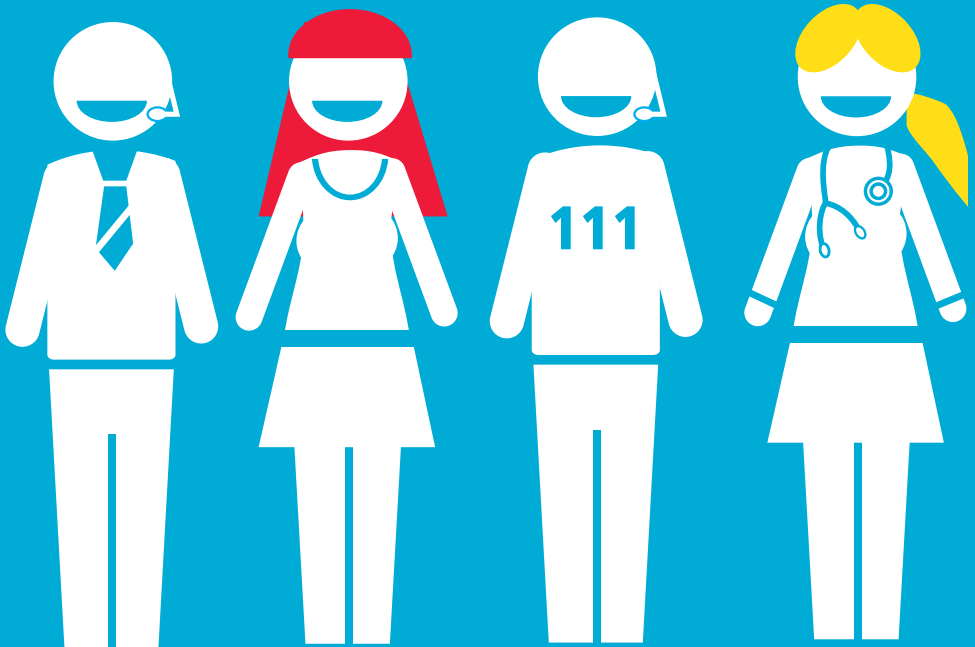
University Hospital (Coventry & Warwickshire)

Clifford Bridge Road, Coventry, West Midlands, CV2 2DX

Working together for you

Coventry and Warwickshire health and social care organisations are working together to give you advice, support, treatment and ongoing care this winter.

By working together we can provide you with the right care, at the right time and deal with fluctuations in demands across Coventry and Warwickshire.



For more information visit:

Coventry and Warwickshire Partnership NHS Trust
www.covwarkpt.nhs.uk

Coventry City Council
www.coventry.gov.uk

George Eliot Hospital NHS Trust
www.geh.nhs.uk

Public Health Warwickshire
www.publichealth.warwickshire.gov.uk

South Warwickshire NHS Foundation Trust
www.swft.nhs.uk

Warwickshire County Council
www.warwickshire.gov.uk

University Hospitals Coventry and Warwickshire NHS Trust
www.uhcw.nhs.uk

NHS Coventry and Rugby Clinical Commissioning Group
www.coventryrugbyccg.nhs.uk

NHS South Warwickshire Clinical Commissioning Group
www.southwarwickshireccg.nhs.uk

NHS Warwickshire North Clinical Commissioning Group
www.warwickshirenorthccg.nhs.uk

NHS Arden Commissioning Support
www.ardengemcsu.nhs.uk



Feeling under the weather visit [nhs.uk/staywell](https://www.nhs.uk/staywell)

Early advice is the best advice.

