



## HAVE YOU HAD YOUR FLU VACCINATION?

Studies have shown that the flu jab does work and will help prevent you getting the flu. It won't stop all flu viruses and the level of protection may vary between people so it is not a 100% guarantee that you will be flu-free but if you do get flu after vaccination it is likely to be milder and shorter-lived than it would otherwise have been. Over time, protection from the injected flu vaccine gradually decreases and flu strains often change. So new flu vaccines are produced each year which is why people advised to have the flu jab should have it yearly. Those eligible for the flu jab are as follows:-

- 1) **Anyone over the age of 65;**
- 2) **Pregnant women;**
- 3) **Children and adults with an underlying health condition (particularly long-term heart or respiratory disease)**
- 4) **Children and adults with weakened immune systems**
- 5) **Carers of family/friends**

Anyone in these **"at risk"** groups are more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection) so it is recommended that they have a flu vaccine every year to protect them

## \* Follow these tips on keeping well in the cold:\*

- find out if you can get the [flu jab](#) for free on the NHS
- wear several layers of clothes rather than one chunky layer – clothes made from cotton, wool or fleecy fibres help to maintain body heat
- use a hot water bottle or electric blanket to keep warm in bed – but don't use both at the same time
- have at least one hot meal a day – eating regularly helps keep you warm; and make sure you have hot drinks regularly
- try not to sit still for more than an hour or so indoors – get up and stretch your legs
- stay active – even moderate exercise can help keep you warm
- wrap a scarf loosely around your mouth when outdoors – add a hat and wear shoes with a good grip, too. If you have a heart or respiratory problem, stay indoors during very cold weather.

# Carers Register

## Attention Informal Carers!!

If you care for a friend or relative please fill in a Carers Registration Form at Reception. This will entitle you to a **FREE flu vaccination** (if you do not already qualify) and you will be invited for an Annual Health Check.

## \*Minor Ailment Scheme\*

Everyone can go to their Pharmacy for advice or to buy medicine for a minor illness or ailment. It is an NHS Service for people, including children who do not pay prescription charges. It means that if your Pharmacist thinks you need it then they can give you a medicine on the NHS without you having to pay for it. **It will also save you making an appointment with your GP simply to get a prescription.** The Scheme covers a wide range of things including:-

**Head Lice; Hay Fever; Diarrhoea; Headaches; Earache; Rash; Sore Throat; Constipation; Thrush; Heartburn; Indigestion; Period Pain; Warts and Verrucas; Nappy Rash and Teething; Mouth Ulcers; Aches & Pains**



“Antibiotics we are wonderful pills.. but dont ever think we can cure all of your ills. So every time you feel a bit under the weather – don’t always think that we can make you better!!

Taking us for the wrong thing that’s **dangerous** to do.. When you really need us we could stop working for you.. So please don’t end up paying the price....

**ALWAYS TAKE YOUR DOCTORS ADVICE!!**



## CHRISTMAS OPENING HOURS

Thursday 21 <sup>st</sup> December	8.00am – 7.00pm	Wednesday 27 <sup>th</sup> December	8.00am – 6.30pm
Friday 22 <sup>nd</sup> December	8.00am – 6.30pm	Thursday 28 <sup>th</sup> December	8.00am – 6.30pm
Saturday 23 <sup>rd</sup> December	<b>CLOSED</b>	Friday 29 <sup>th</sup> December	8.00am – 6.30pm
Sunday 24 <sup>th</sup> December	<b>CLOSED</b>	Saturday 30 <sup>th</sup> December	<b>CLOSED</b>
Monday 25 <sup>th</sup> December	<b>CLOSED (Xmas Day)</b>	Sunday 31 <sup>st</sup> December	<b>CLOSED (N.Y Eve)</b>
Tuesday 26 <sup>th</sup> December	<b>CLOSED (Boxing Day)</b>	Monday 1 <sup>st</sup> January 2018	<b>CLOSED (N.Y Day)</b>
		Tuesday 2 <sup>nd</sup> January 2018	8.00am – 6.30pm

**PLEASE ENSURE YOU ORDER YOUR PRESCRIPTION IN PLENTY OF TIME TO COVER YOU OVER THE CHRISTMAS PERIOD!**