



Look after yourself this Winter: Self- Care



A&E or 999

Emergencies Only

- Choking
- Chest pain
- Blacking out
- Blood loss



when it's less
urgent than 999

111

- Unwell?
- Unsure?
- GP surgery closed?
- Need help?



GP

- Vomiting
- Ear pain
- Stomach ache
- Back ache



Pharmacy

- Diarrhoea
- Runny nose
- Painful cough
- Headache



Self Care

- Grazed knee
- Sore throat
- Cough
- Stock your medicine cabinet

Looking after your own and your families health can help manage the demand on the health services. It's important to understand which health service is suitable for your health needs.

Patient Voice

If you have any comments for the surgery there are a variety of ways you can let us know.

One way is to complete a Friends and Family test. You can either do this at any of the four surgeries, or you can do it online, via our website. You will find the Friends and Family Test at the reception desk.

You can also write a review on the NHS choices website, www.nhs.uk. At the top of their homepage you will see a search bar - search for 'Salisbury Medical Practice', and you can leave a comment on our page.

No matter how or where you leave your comment, we will always respond.

Self-care is looking after yourself in a healthy way, ranging from brushing your teeth twice daily to taking medicine when you have a cold.

Self-care also means staying active by doing things you enjoy and that are important to you, such as gardening, visiting friends and family or going for a swim. This is good for both your physical and mental wellbeing.

It's important to know how to be healthy all your life, making self-care a lifelong habit.

Many people do not realise that their local pharmacist can give advice on many health concerns. Your local pharmacist can also help you manage your medication. If you have any long-term conditions, your local pharmacist can also advise you on how common ailments can affect your

long-term condition, and how to treat it.

It's also important to understand that most winter ailments, such as colds, sore throat and sinusitis cannot be treated with antibiotics, and can be easily treated at home. A pharmacist can give you advice on getting the relief you need. Good self-care practice would be to stock up your medicine cabinet in preparation for winter.

Please be assured that self-care does not mean you will get less help from your GP. When you next see your GP, why don't you ask how you can self-care to help keep yourself well?

Repeat Prescriptions

Christmas and the New Year is not far from us!

Make sure you have enough medication to last you over the Christmas period.

Don't forget there is a 48 hour turnaround for repeat prescriptions - allow 2 full working days for your prescription to be completed.

Top tip: When picking up your prescription, always check the review date. Your medication cannot be issued if you have not had a medication review.

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