

This Winter

USE THE RIGHT SERVICE



Minor cuts and grazes
Bruises and minor sprains
Coughs and colds

Self Care
Stock your medicine cabinet



Minor illnesses
Headache
Stomach upsets
Bites and stings

Pharmacy



Persistent symptoms
Chronic pain
Long term conditions

GP Advice
Out of Hours call 111



Feeling unwell?
Unsure?
Anxious?
Need help?

NHS 111



Choking
Chest pain
Blacking out
Serious blood loss

A&E or 999
Emergencies only

KEEP WELL THIS

winter

in Bexley

Please help Bexley's health and care services this winter by taking good care of yourself and using the right service when you need it.

This leaflet provides important information to help you keep well over winter. Please keep it safe so you can refer to it when you need it.



KEEP THIS PINNED TO YOUR FRIDGE DOOR

KEEP THIS PINNED TO YOUR FRIDGE DOOR

This Winter

HAVE YOUR VACCINATIONS



Dr Nisha Nair, Senior Partner, Bexley Group Practice

"Covid -19 continues to pose serious threat to the health and wellbeing of people in Bexley. I have been vaccinated as it is important to do what I can to protect myself , my family and my community. Along with thousands of others I see the vaccine as a way back to a more normal way of life, as it was before lockdown."



The COVID-19 vaccination offers you the best protection from the virus. A booster is available to eligible groups. For up-to-date information on the COVID-19 vaccination programme, or if you have any questions, please visit www.nhsvaccinefacts.com or speak to your doctor.

If you have any of the main symptoms of COVID-19 it's important you get tested as soon as possible.

Main symptoms of COVID-19:

- a **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a **loss or change to your sense of smell or taste**



Dr Anjan Ghosh, Director of Public Health, London Borough of Bexley

"I have been vaccinated because I wanted to keep myself safe, but also my family, friends and members of my community safe. Along with thousands of others I see the vaccine as a way back to a more normal way of life, as it was before lockdown."



This Winter

HAVE YOUR VACCINATIONS

Who can have the flu vaccine:

The flu vaccine is given free on the NHS to people who:

- are **50 and over** (including those who'll be 50 by 31 March 2022)
- have **certain health conditions**
- are **pregnant**
- are in **long-stay residential care**
- receive a **carer's allowance**, or are the main carer for an older or disabled person who may be at risk if you get sick

- live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)
- are **frontline health or social care workers**

The children's nasal spray flu vaccine is safe and effective and is offered every year to help protect them against flu. For more information on the flu vaccine for children and where you can get it, please visit www.nhs.uk/conditions/vaccinations/child-flu-vaccine



This Winter

ASK YOUR PHARMACIST



Bipin Patel, of the Broadway Pharmacy in Bexley, explains why you can #AskYourPharmacist about a whole range of conditions, from minor ailments right up to heart conditions, blood pressure and diabetes.

What made you want to work as a pharmacist?

It was my interest in science and health that led me to a career in pharmacy. In addition, being a community pharmacist, there is an opportunity to own the pharmacy practice and provide innovative pharmacy services.

How long did you have to train to qualify?

When I qualified, it was a 3-year degree and then 1 year under the supervision of the pharmacist. Later it became a 4-year degree and another year under the supervision of the pharmacist. In the future, it will be a 5-year degree with a year under clinical supervision and by 2026, pharmacists coming out of university will be able to prescribe medicines.

What conditions can people come to ask your advice about, rather than go to their GP?

The range of conditions varies from minor ailments such as coughs and colds all the way up to advice on heart conditions, blood pressure and diabetes. We are trained to spot when patients need to be sent to their doctor and we have a good working relationship with our local surgeries to help with this.

This Winter

ASK YOUR PHARMACIST

What if they have something more private, they would like your advice about?

Nowadays, the majority of patients are consulted in our private consultation rooms. It just makes it easier for the pharmacist and the patient to have a good dialogue and for us to offer confidential advice.

Does it save time, for a patient, to come and see you?

If it's about minor ailments and questions about medicines, then of course it will save time. But we have a relationship with our patients and they do trust us to give them impartial advice which helps them to understand how to get the help that they need.

What advice would you give people in Bexley, over the winter, about the best way to use their local pharmacy?

Pharmacists are trained professionals who are experts in winter health advice. As soon as you start to feel poorly, speak to your local pharmacist who will help you. You don't need an appointment. If symptoms suggest it's something more serious, pharmacists have the right training to make sure you get the help you need. For example, they will tell you if you need to see a GP, nurse, or other healthcare professional.



For more information about community pharmacy services in Bexley visit www.selondonccg.nhs.uk/communitypharmacy or scan the QR Code

This Winter

STAY WELL

- **Have your winter vaccines**
- **Keep your house warm** – to at least 18°C. Those on certain benefits are able to claim financial and practical help with heating their home. Further information is available at: www.gov.uk/winter-fuel-payment
www.gov.uk/cold-weather-payment
- **To manage winter illnesses at home**, you should keep warm, rest, drink plenty of fluids, have at least one hot meal a day to keep your energy levels up and use over-the-counter medications to help give relief
- **Look in on vulnerable neighbours and relatives**, especially those living alone. If you are worried about an elderly person, contact your council or call the Age UK helpline on **0800 678 1602** (8am to 7pm every day)
- **Wash your hands** with soap and water to protect yourself and others from illnesses such as food poisoning, diarrhoea, flu and COVID-19
- **Help keep health and care staff and other patients safe** by not coming to the hospital, GP practice or other services if you have diarrhoea and vomiting or any COVID-19 symptoms.

Keep an eye out for Bexley's Health and Wellbeing bus, which will be visiting different parts of the borough over the coming months. You can pick up a covid test and talk to our staff for a range of health information, services and local offers that can support you to stay healthy and well.

This Winter

USE YOUR GP TEAM

Even if you feel well, it is really important you are registered with a GP.

Your GP practice team includes GPs, nurses, and other healthcare professionals, such as pharmacist, paramedic, physiotherapist and you may be seen by any of them as appropriate.

Because of COVID-19, there have been changes to the way appointments at your practice are provided. You can request a consultation online, or may receive a consultation by phone or video call. If the doctor advises you should be seen face to face because of your clinical need, please do attend the appointment arranged for you.

Get the NHS App

The NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet. To use it you must be aged 13 and over and registered with a GP surgery in England. The app helps you manage a range of service including:

- You can get, view and share your COVID Pass for places in England that have chosen to use this service and travel abroad
- You can get advice about coronavirus
- You can order repeat prescriptions
- You can search for, book and cancel appointments at your GP surgery, and see details of your upcoming and past appointments
- You can get health advice – search trusted NHS information and advice on hundreds of conditions and treatments.



Dr Sid Deshmukh, Lead GP & Senior Partner – Sidcup Medical Centre

“Being a GP, it was important to protect myself, my staff, my patients and also my family from Covid. I therefore have had the 2 doses of the vaccine and also the booster dose and I strongly encourage everyone to get vaccinated.”



To get the app, visit www.nhs.uk/nhs-app/ or scan the QR Code