



Stay well this Christmas and New Year



See inside for useful info on staying well this winter

The following pages contain useful information about local NHS health services available to you over the festive and bank holiday period.

If you do need to see a GP when your usual practice is closed, call NHS 111 - a free, 24 hour telephone service, to access help.

You can make a **BIG** difference

The following pages contain some useful tips and advice to help you manage some of the most common minor illnesses and ailments that can make us feel poorly this time of year.

There's also guidance on how long you can expect symptoms to last and when to seek further help.



Coughs TYPICALLY LAST 2 - 3 WEEKS



What can I do to treat myself?

Simple home remedies, such as sucking lozenges or 'honey and lemon', can help to relieve many symptoms. Just add freshly squeezed lemon juice and a teaspoon of honey to a mug of hot water. It also helps to drink 6-9 glasses of water in a day. If you're a smoker, reducing the amount you smoke or stopping altogether will not only improve your cough but benefit your overall health.

Speak to your pharmacist or doctor's surgery if you experience any of the following:

- Your cough persists beyond 3 weeks
- Coughing up blood
- You experience chest or shoulder pain
- Difficulty breathing/breathlessness
- A high temperature above 39°C
- Weight loss for no reason over six weeks or longer
- Your voice becomes hoarse for longer than 3 weeks
- Any lumps or new swellings in the neck or above your collarbone
- Symptoms start after you've choked on something

Antibiotics: Did you know?

In the majority of cases antibiotics are not an effective treatment for symptoms such as a cough, cold, mild sore throat or nasal congestion. These symptoms are caused by viruses and antibiotics only work against bacteria. If you take antibiotics unnecessarily then they may not work when you need them to treat a bacterial infection.

Colds TYPICALLY LAST 1 - 2 WEEKS



What can I do to treat myself?

Get plenty of rest until you're well enough to return to your usual activities. Drink lots of fluids to replace those lost from sweating and try to eat at least five portions of fruit and vegetables every day.

Speak to your pharmacist or doctor's surgery if you experience any of the following:

- Symptoms persist beyond 3 weeks
- A high temperature above 39°C
- Feeling confused or disorientated
- Sharp pains in your chest or difficulty breathing
- Swelling of the glands in your neck and/or armpits
- You cough up blood-stained phlegm (thick mucus)

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Cold remedies can be bought cheaply from supermarkets and chemists, giving doctors more time to treat people who are really poorly.

JANE from Essex



Symptoms of an allergic reaction usually develop within a few minutes of being exposed to something you're allergic to, although occasionally they can develop gradually over a few hours. Your pharmacist can help determine whether the symptoms are caused by an allergy or another condition, and will advise if you need to see your GP. Very occasionally, a severe reaction called anaphylaxis can occur.

Symptoms of anaphylaxis

- Swelling of the throat and mouth
- Difficulty breathing
- Lightheadedness
- Confusion
- Blue skin or lips
- Collapsing and losing consciousness

Anaphylaxis is a medical emergency that requires immediate treatment. Call NHS 111 for urgent treatment or 999 in emergencies

Sore Throat

TYPICALLY LASTS 1 WEEK



What can I do to treat myself?

You can relieve symptoms by eating cool, soft food and by sucking on lozenges, ice cubes, ice lollies or hard sweets. Try to drink 6 - 9 glasses of water every day, particularly if you have a fever. Gargling warm salty water can also help reduce swelling and avoiding smoky environments can reduce irritation.

Nasal Congestion

TYPICALLY LASTS 2½ WEEKS



What can I do to treat myself?

There are several things you can do to help ease your symptoms including washing out the nose with a stream of saline solution (available from your pharmacy) and applying a warm face pack. Drink plenty of fluids to replace those you've lost and try to eat at least five portions of fruit and vegetables every day.

Diarrhoea and Vomiting

TYPICALLY LASTS 5-7 DAYS



What can I do to treat myself?

If you experience diarrhoea and vomiting, there's no specific treatment but follow these tips while the illness runs its course:

- Drink plenty of water to avoid dehydration
- Take paracetamol for any fever or aches and pains
- Get plenty of rest
- Prevent the spread - remember to wash your hands after going to the toilet
- Stay at home for 2 days after symptoms clear

and Wellbeing

Christmas and New Year can often be a stressful time so it's important to look after your mind as well as your body.

If you are feeling tense or anxious and need to talk to someone, the following organisations run helplines over the festive period:

Samaritans - call free on 116123

Silver Line - for older people who are isolated 0800 4708090

Childline - 0800 1111

Therapy for You

www.therapyforyou.co.uk

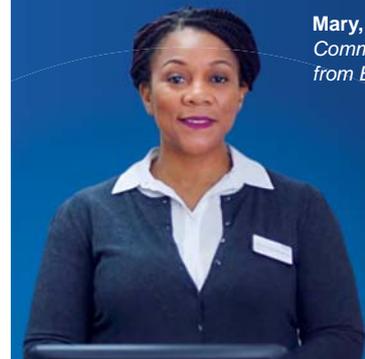
01268 739 128 (Monday to Friday, 9am-5pm)

contactcentre.IAPT@eput.nhs.uk

Speak to your Pharmacist

Over the counter medicines are available to help relieve many mild symptoms.

Speak to your pharmacist who can help you choose the medicine that will work best for you, advise you on whether you need to see a doctor and provide guidance on self-care and maintaining a healthy lifestyle.



Mary,
Community Pharmacist
from Essex

Pharmacy opening times on Christmas bank holidays 2017

CHRISTMAS DAY - Monday 25 December 2017

Pharmacy	Address	Opening times
Hambro Pharmacy	53a Hullbridge Road, Rayleigh, SS6 9NL	10am to 4pm
Daynite Pharmacy	261 London Road, Hadleigh, SS7 2BN	9am to 4pm

BOXING DAY - Tuesday 26 December 2017

Pharmacy	Address	Opening times
Boots Pharmacy	179-181 Hamlet Court Road, Westcliff-On-Sea, SS0 7EL	10am to 4pm
Boots Pharmacy	Unit 2 Royal Shopping Centre, Southend-On-Sea, SS1 1DE	8am to 6pm
Lloyds Pharmacy	Sainsbury's 45 London Road, Southend-On-Sea, SS1 1PL	10am to 4pm
Boots Pharmacy	Unit G48 Victoria Shopping Centre, Southend-On-Sea, SS2 5SA	8am to 5pm
Morrisons Pharmacy	Western Approach, Eastwood, SS2 6SH	10am to 4pm
Asda Stores	North Shoebury Road, Shoeburyness, SS3 8DA	10am to 4pm
Boots Pharmacy	77-79 High Street, Rayleigh, SS6 7EJ	10am to 4pm
Hambro Pharmacy	53a Hullbridge Road, Rayleigh, SS6 9NL	9am to 7pm
Daynite Pharmacy	261 London Road, Hadleigh, SS7 2BN	10am to 11pm
Morrisons Pharmacy	175 London Road, Hadleigh, SS7 2RD	10am to 4pm
Boots Pharmacy	241/243 London Road, Hadleigh, SS7 2RF	9am to 2pm
Lloyds Pharmacy	Sainsbury's, Rayleigh Weir, 21 Stadium Way, Rayleigh, SS7 3UB	10am to 4pm
Boots Pharmacy	33-37 Furtherwick Road, Canvey Island, SS8 7AG	10am to 4pm

NEW YEAR'S DAY - Monday 01 January 2018

Pharmacy	Address	Opening times
Boots Pharmacy	179-181 Hamlet Court Road, Westcliff-On-Sea, SS0 7EL	10am to 4pm
Boots Pharmacy	Unit 2 Royal Shopping Centre, Southend-On-Sea, SS1 1DE	10am to 5pm
Lloyds Pharmacy	Sainsbury's 45 London Road, Southend-On-Sea, SS1 1PL	10am to 4pm
Boots Pharmacy	Unit G48 Victoria Shopping Centre, Southend-On-Sea, SS2 5SA	8am to 5pm
Morrisons Pharmacy	Western Approach, Eastwood, SS2 6SH	10am to 4pm
Asda Stores	North Shoebury Road, Shoeburyness, SS3 8DA	9am to 6pm
Boots Pharmacy	77-79 High Street, Rayleigh, SS6 7EJ	10am to 4pm
Hambro Pharmacy	53a Hullbridge Road, Rayleigh, SS6 9NL	9am to 9pm
Daynite Pharmacy	261 London Road, Hadleigh, SS7 2BN	10am to 11pm
Morrisons Pharmacy	175 London Road, Hadleigh, SS7 2RD	10am to 4pm
Lloyds Pharmacy	Sainsbury's, Rayleigh Weir, 21 Stadium Way, Rayleigh, SS7 3UB	10am to 4pm
Boots Pharmacy	33-37 Furtherwick Road, Canvey Island, SS8 7AG	10am to 4pm



**when it's less
urgent than 999**



Pharmacies: Did you know?

A quick trip to your local pharmacy is usually enough to get the treatment needed for most minor illnesses. You may not know it, but community pharmacists are qualified to offer expert advice there and then, evening or weekends (even in a private consultation room if needed!). Don't worry – if they think you need to be seen somewhere else they will tell you.

