



Key messages . . .

Ask your local pharmacist for advice and also ask what should be in your medicine cabinet

Stay healthy by eating well and being active – make time to spend with friends...all year round

Get a flu jab if you are in a vulnerable group

Wrap up warm when it's cold, add more layers of clothing and wear correct footwear in bad weather!

Learning to manage your condition is a good thing – puts you in control, improves your quality of life and helps you stay healthy. There is lots of information and support available to help you to do this

Talk to your healthcare professional and pharmacist about the services and support available to help you live with your long term condition

Reminder . . .

“Most common ailments, such as colds, sore throat, cough, sinusitis or painful middle ear infection (earache) can't be treated with antibiotics...”

“...instead, rest, drink plenty of fluids, take pain relievers, such as paracetamol or ibuprofen and talk to your pharmacist for advice on getting the relief you need”