

ENJOY THE WONDERS OF WINTER SAFELY

Please help your health and care services in Southwark this winter by taking care of yourself and using the most appropriate service when you need it.



Winter is here. Taking good care of yourself and your loved ones is even more important. Darker days and cold weather can affect our physical, mental, and emotional wellbeing. Viruses spread more easily, and the cold and damp weather can worsen existing health problems and make us more vulnerable to respiratory infections.

There is lots you can do to help yourself. Eating nutritious food, exercising regularly, getting plenty of good quality sleep and doing activities that make you happy can all help. So can getting your Covid-19 and flu vaccination and continuing with frequent handwashing, adequate ventilation when indoors, wearing face masks in indoor public spaces and maintaining social distancing. Southwark health and care providers are working closely together as Partnership Southwark to provide joined up care for Southwark residents.

GET HEALTH ADVICE AND SUPPORT WHEN YOU NEED IT

SELF-CARE IS NOT SELFISH: If you have a cough or cold, hangover, graze, or an upset stomach you can treat the symptoms at home. In fact, staying at home and getting plenty of rest is the best place for you.

PHARMACY: Pharmacists are highly skilled and qualified healthcare professionals who are readily available in the community to answer questions about common health problems. You don't need an appointment, and many are open late. If symptoms suggest it is 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.

GENERAL PRACTICE TEAM: Your GP surgery team includes GPs, nurses, and other healthcare professionals, such as

pharmacist, social prescriber, 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 surgery 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 in-person because of your clinical need, please do attend the appointment arranged for you.

There are multiple ways to contact your GP surgery:

- visiting the surgery website
- using the NHS App.
- calling your GP surgery

Sign up to use free online services through the NHS App (www.nhs.uk/nhs-app) to:

- book or cancel appointments
- order repeat prescriptions
- look at your records online

Your GP surgery will get you the right help quickly if it is urgent. This may include an appointment out of hours through the local Extended Primary Care Services or at another local NHS service.

NHS 111: Use NHS 111 to check out your symptoms and seek further advice. Visit www.111.nhs.uk first or if you don't have the internet, call 111 to speak to a trained advisor. The service is available 24 hours a day, every day of the year.

A&E: Call 999 if you or someone else is seriously ill or hurt and their life is in danger or go straight to A&E.