

Keep warm, safe and well this

WINTER



Self-Care



Pharmacist



GP



NHS 24



Self-Management



Optician / Optometrist



Dentist



Minor Injuries Unit



Mental Health



Sexual Health



Alcohol &
Drug Services



Emergency
Department or 999



Self-care advice and support

www.nhsinform.scot provides a wide range of health information and advice. Use their self-help guides to check your symptoms and find out what to do next including how to treat common health problems at home.



Looking for help with your health?

The NHS Grampian Healthpoint offers free and confidential health advice including practical ways to improve your health, such as weight loss, increasing activity, support to stop smoking and information on local support groups and organisation.
(Please note that we do not give out medical advice).

Call freephone: **08085 20 20 30**, Monday - Friday, 9am - 5pm



Prescriptions

If you take regular medication, remember to order your prescription in time for the festive period and only order what you need. If you do run out of prescribed medication, please contact your local pharmacist or **NHS111** who should be able to assist with an emergency supply.

Make sure your medicine cabinet is stocked with useful over-the-counter remedies, like paracetamol or ibuprofen, indigestion remedies, and rehydration sachets. If you have young children in the house, make sure you have medicines suitable for them too.

***Pharmacies in Grampian provide emergency cover over the Christmas / New Year period. You can get details of the nearest open pharmacy to you by checking our website:**

<https://www.nhsgrampian.org/service-hub/pharmacies>



Get vaccinated

The winter vaccination programme offers 'flu and COVID-19 jabs to a range of groups; to find out if are eligible for either - or in some cases, both - vaccination, visit: <https://www.nhsinform.scot/wintervaccines>
We encourage everyone to take up the offer of vaccination.

'Flu and COVID-19 are serious illnesses; getting vaccinated protects you and others around you.

Information on the local vaccination programme, including addresses for all clinics, is available at: <https://www.grampianvax.com>



Stop the spread of winter illnesses

Illnesses like respiratory illnesses, gastrointestinal illness or diarrhoea and vomiting spread easily, especially at this time of year, and can be life threatening for the most vulnerable in our communities. You can stop the spread by:

- If you are unwell, stay at home until your symptoms clear. If you are suffering from diarrhoea or vomiting, you should be free of symptoms for 48 hours before returning to school / college / work.
- Taking up the offer of vaccination if you are eligible.
- Wash your hands regularly and thoroughly, using water and soap.
- Cover your nose and mouth if coughing or sneezing, and bin tissues as soon as you can.
- Keep hard surfaces in your home or workplace clean.



Emergency food, fuel or money

<https://costofliving.campaign.gov.scot> provides information on help and resources available in Scotland in a financial emergency.

Your local council may also be able to help if you need urgent help with heating, food, or electricity.

Visit: <https://costofliving.campaign.gov.scot> and enter your local area and you will be directed to local sources of support including details of local food banks, warm spaces, emotional support and welfare advice or call:

- Aberdeen City Support Line: **0800 0304 713**
(Monday to Friday, 9am to 5pm).
- Moray Council: **0300 123 4563**
(Monday to Friday, 8.45am to 5pm).
- Aberdeenshire Council: **03456 081 208**
(Monday to Friday, 8.45am to 5pm).



Vitamin D is key during the winter months

In Scotland, we're unable to get enough vitamin D from sunlight during the winter months. Take the recommended daily dosage of 10 micrograms of vitamin D over the key winter period to support bone and muscle health.

Healthy Start vitamins, which contain vitamin D, are available free to all pregnant women in Scotland. Free vitamin D supplements are also available for mothers who breastfeed, in addition to infants and children up to three years old.

Ask your midwife, health visitor or family nurse for further information.

- Visit the Food Standards Scotland website for more information about the importance of vitamin D.

<https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/vitamins-minerals/vitamin-d>



Keep safe when out and about

Take extra care to avoid slips and trips by avoiding unnecessary outings when it is icy or snowy underfoot. Wear a pair of sturdy shoes with non-slip soles to help prevent a nasty tumble and potential injury and use a walking stick if needed to help steady yourself.

It is also important at night or in poor daylight, to wear something light coloured, bright, fluorescent, or reflective to help other road users see you and avoid accidents.

For further information on winter road safety tips visit:

<https://www.getabout.org.uk>



Keep **ACTIVE** this winter

Just a little bit of activity can help you to keep your strength and mobility, and you can build all kinds of simple exercises into your daily routine to help keep you moving.



Keep up to date with the weather

Is your journey essential? With a bit of forward planning some journeys can be postponed until better weather. The weather can turn very quickly, keep up to date with the local weather forecast online, on TV or the radio

Keep up to date with local weather warnings at:

<https://www.metoffice.gov.uk>

Do you know where to go for information on common symptoms such as stomach-ache, headaches, and rashes and what to do about them?

A: GP

B: NHS INFORM WEBSITE ✓

C: EMERGENCY DEPARTMENT

NHS INFORM WEBSITE

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<https://www.nhsinform.scot> provides a range of health information and self-care advice, including ways to treat common health problems at home.

When you are ill or injured KNOW WHO TO TURN TO...



Self-Care

For a speedy recovery, self-help is the best option when you have a minor illness or injury. NHS Inform provides a wide range of health information and self-care advice, including ways to treat common health problems at home. For further information visit: <https://www.nhsinform.scot/self-help-guides>



Pharmacists

Your community pharmacy team can support you with a number of services over the winter months. These include treatment for minor ailments such as cold sores, indigestion and constipation, as well as UTI treatment, shingles treatment and emergency contraception. They can also help you stop smoking and support you if you run out of your repeat medication.

Find out more at:

<https://www.know-who-to-turn-to.com/pharmacist>



GP

When you have an ongoing health condition or an illness that does not improve with self-treatment please contact your GP. When your GP is closed and you feel your problem is urgent and cannot wait, call NHS 24 on: **111** for advice.



Mental Health

When you need help with your mental health or are finding it difficult to cope with things contact:

- Breathing Space: **0800 83 85 87**
Weekdays Monday to Thursday, 6pm to 2am and weekends Friday 6pm to Monday 2am.
- Samaritans: **116 123**
Open 24 hours a day, 365 days a year.



Dentist

If you have an urgent dental need, you should contact your dental practice for assessment, advice and treatment if required. If you are not registered with a dental practice, and you have an urgent dental problem, you should contact the Dental Information and Advice Line DIAL on: **0345 45 65 990** Monday - Friday 8.05- 6pm. Out of hours contact NHS 24 on: **111**



Optometrist / Optician

For emergency eye care (including sudden loss of vision, painful or red eyes or sudden flashes and floaters) please telephone your Optometrist / Optician or contact NHS 24 on: **111** Please note if your Optometrist / Optician can not give you an appointment within the advised time frame, they will arrange an alternative at another practice. You may need to travel.



Keep **WARM** this winter

When going out and about this winter, think about the clothing you'll wear. Wearing extra layers will keep you warm and dry.





Sexual Health

Sexual Health Services provide:

Emergency and routine contraception including coils and implants, STI / BBV testing and treatment and HIV Pre- and Post-Exposure Prophylaxis in addition to abortion and HIV care.

Please call: **0345 337 9900** for an appointment. For support and treatment for unplanned pregnancies, phone our Abortion Care team on: **01224 655535**. Condoms are available by post please contact: gram.freecondoms@nhs.scot

Appointments - Monday - Thursday - 8.30 - 4.25
and Friday 8.30 - 3.25

Abortion - Monday - Friday 9.00am - 2.00pm



Alcohol and Drug Services

If you are worried about your or someone else's drug and / or alcohol use.

For support and advice please call:

- Aberdeen City: **0333 344 8355**
- Aberdeenshire: **01224 558844**
- Moray: **01343 610500**

City - Monday - Friday - 10.30 - 1pm & 2pm - 5pm,
Weekends - 2pm - 5pm

Shire - Monday to Friday 10.30am - 1pm &
2pm - 5pm, Weekends - 2pm - 5pm

Moray - Monday - Thursday 9am - 5pm, Friday
9am - 4pm, Saturday - 10am - 1pm, Sunday closed.



NHS 24

When your GP practice is closed, and you're too ill to wait until it re-opens, you can access appropriate out of hours services through NHS 24 on: **111**

If you have a health concern that is not urgent visit: <https://www.nhsinform.scot> where there is trusted health advice and information available, including symptom checkers for many ailments and minor injuries.



Minor Injuries

For cuts, minor burns, sprains or suspected broken bones please call NHS 24 on: **111** for advice or to book an appointment at the most appropriate service to treat your injury.

You can also visit: <https://www.nhsinform.scot> where there is trusted health advice and information available including symptom checkers for many ailments and minor injuries.



Emergency Department or 999

The Emergency Department is for:

- Severe injury.
- Breathing difficulties.
- Severe bleeding.
- Suspected heart attack or stroke.

To find out more on the range of services available and how to access them visit:

<https://www.know-who-to-turn-to.com>



EAT WELL this winter



For recipes ideas visit:

<https://www.confidence2cook.co.uk/recipes>

<https://www.parentclub.scot/articles/easy-cheap-and-tasty-family-recipes>



To find out more about how you can
keep warm, safe and well this winter call:

**NHS Grampian Healthpoint on
08085 20 20 30**



This publication is available in other languages and formats on request.

Please call Equality and Diversity on 01224 551116 or email:

gram.communications@nhs.scot

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