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Bwrdd Iechyd Prifysgol
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Clinical Futures

Your Local Health News

Winter Is Here

Dark mornings and short days; ice, snow and chill winds mean that we're all at risk of needing a bit of extra care, so we're putting **YOU** first this winter, to make sure you are at the centre of everything we do, so you stay safe, well and well-cared for.

No matter how old you are, everyone is more vulnerable to colds, flu and infections in winter. Cold weather can catch you out, particularly if you are an older person or have a long-term health condition, such as asthma, diabetes or a heart condition.

So we're putting you first to help you prepare for the winter season. It's never too early. Don't get caught out.



27 reasons why you don't need to go to your GP...

Good news! Did you know that **FREE medication is now available from your local pharmacy?**

Thanks to the new Common Ailment Service, you don't need to wait for a GP appointment – you can now visit your pharmacist for advice and free treatment, which can be provided there and then.

Visiting your pharmacist is quick, easy and you don't need to make an appointment. The majority of pharmacies have private consultation rooms where you can't be overheard. This service is a brilliant alternative to a GP appointment as we know that there are long waiting times to see a doctor, particularly during the winter months.

Speak to your local pharmacist about registering for this service.

It's not too late for your Flu jab

We are encouraging everyone eligible for a flu vaccination to protect themselves from catching the potentially serious influenza virus. Free vaccinations are offered to people that could be particularly vulnerable to developing complications from flu, including: **Pregnant women; People with a long term health conditions; People age 65 and over; Carers; Children.**

To protect our patients, we are also offering the flu vaccination to all of our staff members, as flu spreads easily and unvaccinated **healthcare workers are three times more likely to catch flu than workers who have had their vaccination.**

For more information on the National Beat Flu campaign, please visit the Public Health Wales website – www.phw.nhs.wales



Avoid catching Colds or Flu

As you know, colds and flu spread very easily. It's worth following these simple hygiene measures to reduce your risk of catching and spreading infections.

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw away used tissues.
- Wash your hands regularly with soap and water.
- Don't get dehydrated. If you succumb to any bugs, make sure that you have plenty to drink; dehydration is one of the most serious hazards of any minor illness, especially for the older people.
- Stock up with over the counter cough and cold remedies



Think about your local community - Be a 'nosy' neighbour!

Here are a few things you can do to help vulnerable people in your own community:

- Keep an eye out for a vulnerable person – offer to lend a helping hand with shopping or other essential tasks
- Consider the value of making your phone number available to someone you think may be in need of assistance
- If you have not seen older neighbours leave the house for a few days, check to see if they are alright
- Offer to clear ice or snow from a neighbour's pathway
- Get together with others in your community to work out how collectively you can minimise the effects of bad weather in your area

Nominate a Winter Hero

Do you know a member of staff or team who has made a real difference to yours or a relative's healthcare?

This winter we will again be treating your Winter Heroes. As we all know, winter can be the hardest and busiest season for our NHS staff so we want to let them know that they are at the centre of everything we do!

We're inviting all our patients and staff to contribute to the campaign by nominating 'Winter Heroes' to be the proud recipients of the coveted Heroes chocolates.

You can send your nominations and reasons to the Comms Team at abhb.enquiries@wales.nhs.uk



If you have any questions or would like to contact us please email abhb.enquiries@wales.nhs.uk



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