

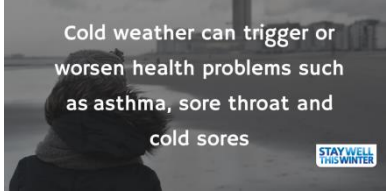






# STAY WELL THIS WINTER

**December social media messages** – please share these messages on your Facebook/Twitter or other social media platforms.

	Social media message	Image or video link
	<p>When the temperature drops below 8C, some people are at increased risk of: Heart attack, Stroke, Flu, Pneumonia, Falls and injuries and Hypothermia. For more tips on keeping yourself warm this winter            &gt; <a href="https://buff.ly/2B36Z5A">https://buff.ly/2B36Z5A</a> #StayWellNI</p>	
	<p>If you have a repeat prescription, make sure you check you have enough medicine to last you over the Xmas holidays as GPs will be closed from from 23 - 26 Dec and from 30 Dec - 1 Jan. #StayWellNI</p>	<p>Video link:  <a href="https://youtu.be/O0ihp055jKI?list=PLeasoVxM_PRi6mM9aAkVUilb47PFbpNx3">https://youtu.be/O0ihp055jKI?list=PLeasoVxM_PRi6mM9aAkVUilb47PFbpNx3</a></p>
	<p>Make sure you order your repeat prescription before the Xmas holidays start. Don't forget GPs will be closed from 23 - 26 Dec and from 30 Dec - 1 Jan. More details about health &amp; social care over the holidays  <a href="http://www.hscboard.hscni.net/stay-well-need-use-health-care-services-christmas-new-year/...">http://www.hscboard.hscni.net/stay-well-need-use-health-care-services-christmas-new-year/ ...</a> #StayWellNI</p>	
	<p>You're particularly vulnerable to the cold weather if you're 65 or older, on a low income (so can't afford heating), have a long-term health condition, disabled, pregnant or care for young children,            Find out how you can stay well this winter <a href="https://buff.ly/2zR5vaX">https://buff.ly/2zR5vaX</a> #StayWellNI</p>	

	<p>Make sure you speak to your pharmacist about medicines you should have in stock to help get you and your family through the winter season. <a href="https://buff.ly/2nOA3bL">#StayWellNI</a></p>	 <p><b>Your Medicine Cabinet Essentials - what to buy</b> All under £5!</p> <p><b>Pain relief</b> – aspirin, paracetamol, ibuprofen – available at pharmacies and supermarkets, including newsagents and petrol stations</p> <p><b>Allergies and itching</b> – antihistamines – available at supermarkets and pharmacies</p> <p><b>Rehydration</b> – oral rehydration salts – available at your local pharmacy</p> <p><b>Diarrhoea</b> – loperamide for a short-term – available over the counter at a pharmacy</p> <p><b>Indigestion</b> – antacids (e.g. Rennie) – available at pharmacies and supermarkets, including newsagents and petrol stations</p> <p><b>First aid kit</b> – bandages, plasters, thermometer, antiseptic wipes, eyewash, sterile dressing, first-aid kit – items available at pharmacies and supermarkets</p> <p><b>STAY WELL THIS WINTER</b></p> <p>Always read the label</p>
	<p>Check your GP practice’s opening hours so you don’t miss your prescription – for surgery numbers visit <a href="http://www.nidirect.gov.uk/gp">www.nidirect.gov.uk/gp</a> #StayWellNI</p>	
	<p>Have a look at opening hours for all healthcare services and important numbers <a href="http://www.hscboard.hscni.net/health-care-services-christmas-new-year/">http://www.hscboard.hscni.net/health-care-services-christmas-new-year/</a> #StayWellNI</p>	 <p><b>Christmas healthcare checklist</b> Stay Well this Christmas</p> <p>Make sure you have details of healthcare services</p> <ul style="list-style-type: none"> <li>• Pharmacy and GP opening hours</li> <li>• GP out-of-hours numbers</li> <li>• Dental out-of-hours numbers</li> <li>• Social health out-of-hours numbers</li> <li>• Mental health emergency numbers</li> <li>• Minor Injuries Unit numbers</li> </ul> <p>#StayWellNI</p> <p><b>STAY WELL THIS WINTER</b></p>
	<p>Choosing the best service for your condition gives you the right treatment and reduces waiting. <a href="https://www.nidirect.gov.uk/articles/how-use-your-health-services#toc-1">https://www.nidirect.gov.uk/articles/how-use-your-health-services#toc-1</a> #StayWellNI</p>	 <p>Find the right service to treat your condition</p> <p><a href="http://www.nidirect.gov.uk/stay-well">www.nidirect.gov.uk/stay-well</a></p> <p><b>STAY WELL THIS WINTER</b></p> <p><b>Do not delay!</b></p> <p><b>Emergency Department</b></p> <p><b>111</b> – Call 111 for medical advice 24 hours a day, 7 days a week</p>