

# We're here to help you stay well this winter

Get advice from your pharmacist if you start to feel unwell

**STAY WELL THIS WINTER**



**When it comes to a one stop shop for health assessment services, your local or high street pharmacist probably has it covered.**

Many people go to the pharmacy to buy their health and beauty essentials and forget that it offers one-on-one advice from healthcare professionals, often without the need to book an appointment.

If you have a minor ailment such as a cough or cold, or if you require a consultation about a recent health issue, your pharmacist can help.

Pharmacists are highly trained healthcare professionals on medicines who have a vast knowledge of symptoms. They can advise what medication to take, the dosage required, any side effects and provide advice on how best to use it.

Have a look at the Stay Well guide to medications that you can buy without prescription and the services that are available in store.



## HOW YOU CAN HELP US

- [Retweet and share](#) our social media posts
- [Post Stay Well messages](#) on your social media pages
- Use [#StayWellNI](#) when promoting health services
- [Print](#) copies of our posters

## Working together with Age NI

The Public Health Agency and Health and Social Care Board support Age NI's No One campaign – encouraging people to reach out to older neighbours in their community, to provide companionship, support, reassurance, and help older people sustain fulfilling, independent lives.

When it comes to older people's health and medication needs it also urges people to offer to help them get to doctors' appointments or to collect prescriptions. Keep an eye out for people that seem unwell or depressed.

If you are concerned about an older person contact the Age NI Advice service in confidence Freephone 0808 808 7575 [#NoOne](#)



## Self-care essentials for your medicine cabinet

- **Pain relief** – aspirin, paracetamol, ibuprofen
- **Allergies and itching** – antihistamines
- **Rehydration** – oral rehydration salts
- **Diarrhoea** – loperamide (Imodium, Arret and Diasorb etc.)
- **Indigestion** – antacids
- **First aid kit** – bandages, plasters, thermometer, antiseptic wipes, eyewash, sterile dressings, medical tape, tweezers

**Always read the label of all medicines before use**

## Ask your pharmacist – services in your community pharmacy

- medication advice
- smoking cessation
- vaccines—flu, travel vaccines, pneumonia
- advice for managing long-term health conditions such as diabetes and asthma
- health checks for blood pressure and cholesterol, blood glucose testing and allergy screening

**Contact or visit your local pharmacy for further details of services**