

## Your local health board

You can use your local health board's website to find out more about services in your area and how to access them over the winter and festive period. Also, look out for information about local NHS services in your GP surgery and other public venues.

<a href="#">NHS Ayrshire &amp; Arran</a>	<a href="http://www.nhsaaa.net">www.nhsaaa.net</a>
<a href="#">NHS Borders</a>	<a href="http://www.nhsborders.scot.nhs.uk">www.nhsborders.scot.nhs.uk</a>
<a href="#">NHS Dumfries &amp; Galloway</a>	<a href="http://www.nhsdg.scot.nhs.uk">www.nhsdg.scot.nhs.uk</a>
<a href="#">NHS Fife</a>	<a href="http://www.nhsfife.org">www.nhsfife.org</a>
<a href="#">NHS Forth Valley</a>	<a href="http://www.nhsforthvalley.com">www.nhsforthvalley.com</a>
<a href="#">NHS Grampian</a>	<a href="http://www.nhsgrampian.org">www.nhsgrampian.org</a>
<a href="#">NHS Greater Glasgow &amp; Clyde</a>	<a href="http://www.nhsggc.org.uk">www.nhsggc.org.uk</a>
<a href="#">NHS Highland</a>	<a href="http://www.nhshighland.scot.nhs.uk">www.nhshighland.scot.nhs.uk</a>
<a href="#">NHS Lanarkshire</a>	<a href="http://www.nhslanarkshire.co.uk">www.nhslanarkshire.co.uk</a>
<a href="#">NHS Lothian</a>	<a href="http://www.nhslothian.scot.nhs.uk">www.nhslothian.scot.nhs.uk</a>
<a href="#">NHS Orkney</a>	<a href="http://www.ohb.scot.nhs.uk">www.ohb.scot.nhs.uk</a>
<a href="#">NHS Shetland</a>	<a href="http://www.shb.scot.nhs.uk">www.shb.scot.nhs.uk</a>
<a href="#">NHS Tayside</a>	<a href="http://www.nhstayside.scot.nhs.uk">www.nhstayside.scot.nhs.uk</a>
<a href="#">NHS Western Isles</a>	<a href="http://www.wihb.scot.nhs.uk">www.wihb.scot.nhs.uk</a>

# BE HEALTH-WISE THIS WINTER

Look after your  
own and your  
family's health.



BE HEALTH-WISE **THIS WINTER**



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# Don't let ill-health spoil Christmas and New Year

Ill-health is unwelcome at any time of year, but particularly over the holiday season. And it's easy for health to drop off the to-do list when you're busy.

But a few simple steps are all it takes to stay well in winter:

- Know when your GP surgery is open over the holidays
- Don't run out of your repeat prescription – order only what you need and pick it up in plenty of time
- Make sure you have cold and flu remedies
- Use your local pharmacy for advice about medications, both prescribed and over the counter



**REMEMBER** Your local pharmacy can help advise you on the best medicines to treat common illnesses. Many community pharmacists are open over the holidays. Make sure you know when they are open and closed.

## Know who to turn to

If you are ill on a day or at a time when your GP surgery isn't open, there are many ways for you to get the help you need. You can see the full range of services at: [www.knowwhototurnto.org](http://www.knowwhototurnto.org)

This year, the holidays fall towards the end of the week. The following opening hours will apply to most GP surgeries throughout Scotland, but **check with your own surgery** if it opens on Saturdays.



Mon 21 Dec	Tue 22 Dec	Wed 23 Dec	Thu 24 Dec	Fri 25 Dec	Sat 26 Dec	Sun 27 Dec	Mon 28 Dec	Tue 29 Dec	Wed 30 Dec	Thu 31 Dec	Fri 1 Jan	Sat 2 Jan	Sun 3 Jan	Mon 4 Jan	Tue 5 Jan
OPEN	OPEN	OPEN	OPEN	CLOSED			OPEN	OPEN	OPEN	CLOSED			OPEN		

## Emergencies You should only dial 999 in the event of an emergency

The Scottish Ambulance Service will respond to medical emergencies. All calls are prioritised so that those who are most seriously ill receive the fastest response. If you are not so ill that you need emergency medical treatment then the call taker will advise you on the most appropriate help available to you.

## NHS 24

NHS 24 offers a range of services to help if you are ill over the holidays. You can find your local pharmacy opening times and a self-help guide at [www.nhs24.com](http://www.nhs24.com)

For comprehensive health information visit [www.nhsinform.co.uk](http://www.nhsinform.co.uk)  
You can also speak to a health information advisor on 0800 22 44 88 (8am-10pm every day).

In addition, if you or a family member is ill and it can't wait until your GP surgery reopens, call NHS 24 free on 111. You will be asked a series of questions to ensure you get the most appropriate help, which may be to be seen at your local out-of-hours service.

## Your local pharmacy can help

Your local pharmacy can help with a wide range of health advice. In addition to answering any questions you might have about your medicines, they can also answer more general health queries. Many local pharmacies will be open over the holidays so it's worth checking the opening times with your nearest pharmacy, just in case you need to speak to them.

