

# Press Release

Tuesday 31 December 2019

## Take action to manage common winter illnesses

People in Worcestershire are being encouraged to take better care of themselves and their family members, during the winter months when seasonal illnesses increase.

At this time of year, there are an increased number of winter ailments circulating, such as colds and flu. If you do catch one of these, often the best treatment is staying at home, keeping warm and drinking plenty of fluids. Taking paracetamol or ibuprofen can also reduce your temperature and ease any aches and pains.

Over the counter medicines can help with symptom relief and a pharmacist can offer advice if you need it. It's also worth remembering that antibiotics don't work on most winter illnesses like colds and flu as these are viral infections and antibiotics don't work against viruses.

If you need further advice, you can call 111, the free NHS Service, 24 hours a day, 365 days a year for fast medical advice when it's not an emergency. This can include arranging an out-of-hours GP appointment.

Preventing ill health is important during winter, so choose lifestyle options that will impact positively on your physical health, mental wellbeing and self-esteem. To beat those winter blues and keep healthy make sure you eat well, drink only in moderation, stop smoking and stay active.

It's also important to ensure that, where possible you do all you can to reduce the spread of illnesses such as flu. This can be achieved by reducing contact with people and staying away from places where there may be people more vulnerable to infection, such as hospitals and GP surgeries.

If you're coughing and sneezing, make sure that you use a tissue and discard the tissue in the bin as soon as possible, then wash your hands with warm soapy water.

**Dr Carl Ellson, Strategic Clinical Lead for the three Worcestershire CCGs, said:** "It is important that people understand about self care, especially during the winter months, when seasonal illnesses increase.

"Knowing how to take medicines, treat minor ailments and seek help when it is needed is vital to helping people look after their health and wellbeing."

If you require a GP appointment outside of normal working hours this winter, contact your GP Surgery to discuss improved access appointments in Worcestershire. Please note that appointments outside of usual surgery times may be with another GP or at another practice.

For more information about staying well this winter, visit <https://www.nhs.uk/live-well/healthy-body/keep-warm-keep-well/>

**Sent on behalf of:**

NHS Redditch and Bromsgrove CCG, NHS South Worcestershire CCG and NHS Wyre Forest CCG

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**Notes to editors:**

- For more information about NHS Redditch and Bromsgrove CCG Clinical Commissioning Group please visit: [www.redditchandbromsgroveccg.nhs.uk](http://www.redditchandbromsgroveccg.nhs.uk)
- For more information about NHS South Worcestershire Clinical Commissioning Group please visit: [www.southworcsccg.nhs.uk](http://www.southworcsccg.nhs.uk)
- For more information about NHS Wyre Forest Clinical Commissioning Group please visit: [www.wyreforestccg.nhs.uk](http://www.wyreforestccg.nhs.uk)

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NHS Redditch and Bromsgrove CCG, NHS South Worcestershire CCG and NHS Wyre Forest CCG