



Practice Newsletter



December 2019

Coughs, Colds and Flu



- wash your hands often with warm water and soap
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible

Antibiotics

GPs do not recommend antibiotics for colds because they will not relieve your symptoms or speed up your recovery.

Antibiotics are only effective against bacterial infections, and colds are caused by viruses.

Cold or flu?

Cold and flu symptoms are similar, but flu tends to be more severe.

Unfortunately this time of year we start to an increase in those suffering from cough, cold and flu symptoms.

For initial advice the NHS website offers some good, clear and sensible advice:

How to avoid spreading a cold

Colds are caused by viruses and easily spread to other people. You're infectious until all your symptoms have gone. This usually takes a week or two.

Colds are spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading a cold:

How you can treat a cough yourself

There's usually no need to see a GP.

You should:

- rest
- drink plenty of fluids

You could also try:

- hot lemon and honey (not suitable for babies under 1 year old)
- a herbal medicine called pelargonium (suitable for people aged 12 or over)

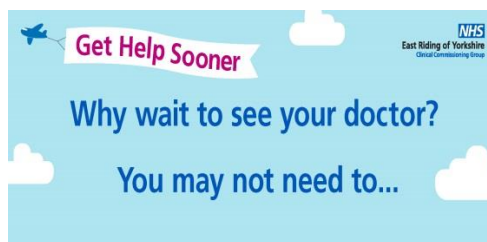
There's limited evidence to show these work.

The above information taken from: <https://www.nhs.uk/conditions/>

Flu	Cold
Appears quickly within a few hours	Appears gradually
Affects more than just your nose and throat	Affects mainly your nose and throat
Makes you feel exhausted and too unwell to carry on as normal	Makes you feel unwell, but you're OK to carry on as normal (for example, go to work)

Patient Group

We are looking for new members of our Patient Group. This involves a short meeting every quarter, any further involvement with helping the practice can be as much or as little as you would like. We would also be interested in hearing from people who would like to feedback from time to time via email. Please contact the Deputy or Practice Manager for more information.



Get Help Sooner

Our team continues to take part in the East Riding-wide scheme to help patients find the right help sooner.

The aim is to help you with information and access to a local directory of healthcare services. They can provide you with options for seeing a healthcare professional or service that is more appropriate for your condition. This means you may not have to wait to see your doctor first.

Please ask the reception team for options which may be appropriate for you. We also offer our own Advanced Nurse Practitioner.

It's your choice... you can Get Help Sooner.

<http://www.eastridingofyorkshireccg.nhs.uk/your-health/gethelpsooner/>

Bank Holidays

We will be closed on Wednesday 25th December, Thursday 26th December for the Christmas Bank Holidays and Wednesday 1st January for New Year.



Winter Health Tips:

It may be cold outside, but winter needn't be the unhealthiest time of year for you and your family.

Here are some ways to make sure that, even when your body is telling you to hibernate, you can keep healthy and fit, no matter what the weather's like.

Banish winter tiredness

Many people feel tired and sluggish during winter. This is due to the lack of sunlight, which disrupts our sleep and waking cycles.

Try these tips:

- get outdoors in natural daylight as much as possible
- get a good night's sleep – go to bed and wake up at the same time every day
- destress with exercise or meditation – stress has been shown to make you feel tired

Eat more fruit and veg

When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day.

If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead.

Winter vegetables such as carrots, parsnips, swede and turnips can be roasted, mashed or made into soup for a comforting winter meal for the whole family. Explore varieties of fruit and veg that you may not normally eat.

Drink more milk

You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition.

Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of:

- protein
- vitamins A and B12
- calcium, which helps keep our bones strong
- Choose semi-skimmed, 1% or skimmed milk – rather than full-fat – and low-fat plain yoghurts.

<https://www.nhs.uk/live-well/healthy-body/five-ways-to-stay-healthy-this-winter/>