

# Live in Bromley with a young family?

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If you or your children start to feel unwell, don't wait - get advice from your pharmacist

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**STAYWELL  
THISWINTER**

[nhs.uk/staywell](https://nhs.uk/staywell)



Raj Matharu, local pharmacist and  
Chief Officer of the Local Pharmaceutical Committee

## FEEL UNWELL? DON'T WAIT - SEE YOUR PHARMACIST



Many of us, especially the very young, older people and those with existing health problems such as asthma, are more likely to become ill once it gets colder over the winter. If you feel like you are coming down with something, even if it's just a cough or a cold, don't wait until it gets worse. Act quickly. The sooner you get advice from a pharmacist the better. You won't need an appointment.

Pharmacists are fully qualified to advise on health matters. If you act quickly, they can offer the best course of action to help you recover quickly and get back to normal. Your pharmacist can advise if you need to see a GP. If you can't get to a pharmacist yourself, ask someone to go for you or call your local pharmacy.

It is important to keep warm in winter - both inside and outdoors. Keeping warm can help prevent colds, flu and more serious health problems. Heat your home to at least 18°C (65°F).



## FLU JAB

The flu virus strikes in winter and it can be more serious than you think. The flu jab is free if you're in one of the at risk groups. Ask your local pharmacist (as well as your GP) for more information – let's make Bromley flu free this winter!

To find out if you are eligible to receive a free flu jab visit [www.nhs.uk](http://www.nhs.uk)

## WHAT YOUR PHARMACY OFFERS

Pharmacists now offer more services than ever before and are within easy reach of people who need them the most. They are qualified health professionals who can deliver expert medicines advice and an expanding range of public health services. Many have consultation areas when you can talk to the pharmacist in private.

## IT'S OKAY TO ASK ABOUT MEDICINES

If you are taking regular medicines, talk to your pharmacist to make sure you are getting the best out of them. Your pharmacist can offer repeat dispensing services, but only order the medicines you need. Make sure you get the medicines you need to cover holiday periods.



## FIND YOUR NEAREST PHARMACY

You can find your nearest pharmacy and opening times at [www.nhs.uk](http://www.nhs.uk)  
Lots of pharmacies are open until late and at weekends.