



## Over Surgery News

### **DON'T FORGET TO BOOK YOUR FLU VACCINATION!!**

If you are not eligible for an NHS flu vaccination then the pharmacy can provide this for £10.00

### Self Care Tips

#### What to do if you have a cough or cold

- ü Stay at home and get plenty of rest.
- ü Drink plenty of fluids but avoid alcohol as this can make symptoms feel worse.
- ü Eat a healthy low-fat, high-fibre diet.
- ü Try steam inhalation to loosen mucus and soothe your nose and throat.
- ü Salt water gargles can also help; add two teaspoons of salt to a pint of warm water. Gargle, spit out and repeat.
- ü Speak to your local pharmacist about over-the-counter remedies like decongestants or paracetamol or aspirin for pain relief.
- ü To avoid spreading infection, cover your nose and mouth with a tissue when you cough or sneeze and dispose of the tissue quickly afterwards.
- ü Clean hands regularly and thoroughly to avoid spreading or picking up any infections.

#### Fever in Children

##### When to seek urgent medical advice

Contact your GP or health visitor urgently if your child:

- is under three months old and has a temperature of 38C (100.4F) or above
- is between three and six months old and has a temperature of 39C (102.2F) or above

You should also see your GP if your child has other signs of being unwell, such as persistent vomiting, refusal to feed, floppiness or drowsiness.

##### Treating a fever

If your child has a fever, it's important to keep them hydrated by giving them plenty of cool water to drink. Babies should be given plenty of liquids, such as breast milk or formula. Even if your child isn't thirsty, try to get them to drink little and often to keep their fluid levels up.

If the environment is warm, you could help to your child to stay at a comfortable temperature by covering them with a lightweight sheet or opening a window. However, they should still be appropriately dressed for their surroundings and sponging your child with cool water is no longer recommended to reduce a fever.

### Medicines

Children's [paracetamol](#) and [ibuprofen](#) can help to reduce a fever, but they're not always needed. If your child doesn't seem distressed, there's no need to give them medicine to lower their temperature.

If your child is distressed, don't give them paracetamol and ibuprofen at the same time. Try one on its own first. If they're still distressed before the next dose is due, you could try the other medicine instead.

## 'Know your heart beat'

We are holding our next patient educational session on:

Tuesday 21<sup>st</sup> November 2017  
12.30 – 2pm

This will be of particular interest to patients who have atrial fibrillation (AF), or other heart rhythm problem but it is open to anyone who is interested and would like to come.

Nick Mills, Cardiac Specialist nurse from Addenbrookes will be talking about common heart arrhythmias and addressing atrial fibrillation. Nigel Cole from the British Heart Foundation will also be supporting with booklets and information.

## Wednesday afternoon opening

The surgery now opens on Wednesday afternoons and will no longer be covered by Willingham Surgery.