



# Staying well this winter

With the colder, winter months leading to more of us suffering from coughs, colds, flu and other illnesses, it's important to know when and where to get the right treatment for any member of your family.

Here you can find a wide range of resources to help you and your family stay well this winter and over the festive period.

## Need help fast?

Need help fast  
and it isn't life threatening?  
Get the right NHS care  
in two simple steps



The NHS in Leicester, Leicestershire and Rutland has issued new advice to help you get the right NHS care when you need it quickly and recommends just two simple steps for situations when it isn't life threatening - including at Christmas and New Year.

**Step 1:** Try to manage the problem yourself or get help from a local pharmacy, NHS 111 online, or the NHS App.

**Step 2:** If that doesn't work or the problem is more serious, contact your GP practice or NHS 111 (when your GP practice is closed). They will help arrange the right appointment.

**[Click here to access the 'Need help fast?' information,](#)**  
**[as well as details of what's open and when during the festive holidays](#)**



## Health for Under 5s Winter wellness hub

To help support you and your family stay well this winter, on Health for Under 5s you can access an [online winter hub](#) with tips for treating minor ailments, such as coughs, colds and fevers, at home and therefore potentially avoiding long waits in A&E, as well as details of local walk-in vaccination clinics for the likes of RSV and whooping cough.

You can also find advice on what to do if your child suffers a head injury or any of your family catch norovirus, as well as general winter safety guidance.

**[Click here to access the winter hub](#)**



Staying well over winter

# DID YOU KNOW....

Children's 'super bodies' are designed to fight off many common illnesses, without the need for antibiotics?

Most children will recover in the same amount of time with or without antibiotics.

## Get the latest winter updates



For the latest advice, support and information throughout winter, we recommend following these local accounts on Instagram:

- [Leicester, Leicestershire and Rutland Integrated Care Board \(@nhslr\)](#)
- [Leicester's Hospitals \(@leicestershospitals\)](#)
- [Leicestershire Partnership NHS Trust \(@lptnhs\)](#)
- [East Midlands Ambulance \(@emasnhstrust\)](#)

Discover how some simple home-based self-care could save you from hours in a busy hospital waiting room or GP surgery.

[Click here to access University Hospitals of Leicester's 'Stay home, stay well guide'](#)



**NHS 111**



[111.nhs.uk](https://111.nhs.uk)

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. They offer help 24 hours a day, seven days a week, and can:

Tell you where to get help for your symptoms

Direct you to appropriate local services for your medical condition and help arrange an appointment

Direct you to where to get emergency medical prescriptions

Provide general health information and advice

**For life-threatening illnesses or injuries, you should always dial 999.**

Flu is already effecting our communities with high numbers of people already needing hospital treatment.

Protect your child, family and any vulnerable people around you this winter by ensuring your child has their nasal flu vaccine either at school or children aged 2-3 can have the vaccine at their GP practice or selected pharmacies.

**Click for vaccination information:**

**For pre-school**

**For school-age**

Vaccinations are the best way to protect yourself from serious illness.

Make sure you and your family are up-to-date with all the vaccines you are eligible for to stay well through the winter months and beyond.

# DID YOU KNOW....