

Local Winter Health Information and Advice

We hope you and your family have a happy, healthy time over the forthcoming festive season. However, we thought it would be helpful to remind you of the local health services available in Forth Valley this winter along with some practical health advice to help you and your family avoid some of the common illnesses circulating at this time of year.

Speak to Your Local Pharmacist

This year, GP practices will be closed for **four days** over Christmas (from Sat 24 Dec to Tues 27th Dec 2016 – re opening wed 28th Dec 2016) and **four days** over New Year (from Sat 31st Dec – Tues 3rd Jan 2017 – reopening wed 4th Jan 2017). However, a number of pharmacies in Forth Valley will be open during the [festive holiday period](#) to provide health advice and treatment. Pharmacies across Forth Valley are also able to provide free treatment for urinary infections and impetigo (a common skin condition) without a prescription. They may also be able to provide an urgent supply of certain medications and dressings.

Visit the Minor Injuries Unit

The Minor Injuries Unit (MIU) at Stirling Community Hospital offers treatment to patients from across Forth Valley without an appointment and will be open **every day** throughout the winter period from 9am – 9pm. This includes Christmas Day, Boxing Day, New Year's Day and 2nd January 2017. The MIU is able to treat **adults and children over the age of one** for a wide range of minor injuries including suspected broken bones, sprains and strains, cuts and scratches, minor burns and infected wounds. For more information visit www.nhsforthvalley.com/miu

Protect you and your family from Flu

Flu is very infectious and can cause serious complications for those who are most vulnerable, which is why it's important to consider getting vaccinated. This includes adults with heart disease, diabetes, asthma and bronchitis, pregnant women and children aged 2-5. Contact your GP practice to arrange an appointment or call NHS Inform on 0800 22 44 88 for more information.

Help us to Help You

Please help avoid putting extra pressure on busy hospital services over the winter period by only attending the Emergency Department at Forth Valley Royal Hospital if you have a serious illness or injury which requires urgent treatment. If you are concerned about any health symptoms and don't feel you can wait until your GP surgery re-opens you can call NHS 24 free on 111 for advice.

Stay in Touch

To keep up-to-date with all the latest health news and advice please follow us on Twitter @nhsforthvalley, like us on Facebook www.facebook.com/nhsforthvalley or visit our website www.nhsforthvalley.com

Kind regards

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