

# LITTLETON SURGERY WINTER NEWSLETTER

## Caring for you this winter

As we move into the colder months, the team at Littleton Surgery would like to thank you for your continued support and patience.

Winter is always a busy time for GP surgeries, and we want to share some important information to help you stay well and get the right care when you need it.

### **Helping you stay well:**

Wash hands regularly, catch coughs and sneezes in tissues, keep warm, eat well, stay hydrated, and check on vulnerable neighbours.

### **Flu and COVID-19 vaccinations:**

Eligible patients can get free flu vaccines. Contact us if you need to book this in. COVID-19 vaccinations are available at many pharmacies. Check the NHS website or ask your local pharmacy.

### **Choosing the right NHS service:**

Use pharmacies for minor illnesses, NHS 111 for urgent advice, your GP for routine care, and 999 or A&E; for emergencies only.

### **Repeat prescriptions:**

Order in good time via the NHS App or by completing the prescription request form on our website.

### **Appointments:**

We continue to offer face-to-face, telephone and online appointments. Reception will help you see the right clinician at the right time.

### **Support:**

If you need help with mental health, loneliness, or staying warm, speak to us.

**Thank you from all at Littleton Surgery. Stay safe and well this winter**