**Media release**

December 2024

**Plan ahead for a healthy festive season: Order your repeat prescriptions now!**

With the festive season approaching, NHS Humber and North Yorkshire Integrated Care Board (ICB) urges everyone to add ordering and collecting repeat prescriptions to their holiday to-do lists.

Many GP practices and pharmacies will have reduced hours during the holidays, so it is essential to plan ahead to ensure you have enough medication over Christmas and New Year.

Top tips to follow:

* **Order early:** Patients are advised to order their repeat prescriptions by Friday 13 December, to allow sufficient time for processing and collection.
* **Check opening hours:** Be aware of the holiday opening hours for your GP practice and local pharmacy. You can find out opening hours by visiting [www.nhs.uk/service-search/pharmacy/find-a-pharmacy](http://www.nhs.uk/service-search/pharmacy/find-a-pharmacy).
* **Emergency supplies:** In case of an emergency, some pharmacies and NHS 111 may be able to provide a small supply of medication, but this should not be relied upon as a primary solution.

**Dr Nigel Wells, NHS Humber and North Yorkshire Integrated Care Board’s (ICB) Executive Director for Clinical and Professional, said:** “We understand that this period is a busy time for everyone, but it is important not to overlook your health needs. By ordering your repeat prescriptions in advance, you can avoid any last-minute issues and enjoy a worry-free holiday.

“Ordering your repeat prescription could not be easier, you can put your order in through the NHS App or through your usual routes at your GP practice.”

If you or your friends and family feel unwell over the bank holiday weekend, you can check symptoms and get access to advice using [www.111.nhs.uk](http://www.111.nhs.uk). NHS 111 is a free service which is available 24 hours a day, seven days a week.

**ENDS**

**Notes to editors**

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**About Humber and North Yorkshire Health and Care Partnership**

The Humber and North Yorkshire Health and Care Partnership is a collaboration of health and care organisations which brings together NHS organisations, local councils, health and care providers and voluntary, community and social enterprise (VCSE) organisations. It is committed to ensuring everyone living in in the area can live a happy, healthy life. Six geographical places make up the Humber and North Yorkshire Health and Care Partnership: North Yorkshire, City or York, Hull, East Riding, North East Lincolnshire and North Lincolnshire.

**About Humber and North Yorkshire Integrated Care Board**

NHS Humber and North Yorkshire ICB is a statutory organisation accountable for NHS spend and performance for 1.7 million people across a large geographical area. The ICB is a core member of the Humber and North Yorkshire Health and Care Partnership, alongside NHS providers, local councils, health and care providers and voluntary, community and social enterprise (VCSE) organisations.