**Media release**

December 2024

**Stay merry and bright: Winter wellness tips for the festive period**

As the festive season approaches, NHS Humber and North Yorkshire Health and Care Partnership want to ensure you stay healthy and happy during the colder months. Here are some essential tips to keep in mind:

**Order your repeat prescriptions early**

If you rely on repeat medication, make sure to place your orders this week to avoid running out over the holidays. With Christmas just around the corner, pharmacies may experience longer processing times due to high demand.

Dr Nigel Wells, Executive Director Clinical and Care Professional for NHS Humber and North Yorkshire Integrated Care Board, advises: “If you order your repeat medication directly via your GP Practice, please be patient – GP surgeries remain exceptionally busy at the moment.

“The easiest and quickest way to order your repeat medicine is via the NHS App or GP Online Services – you can do this from the comfort of your own home. Before you order, check what medicines you already have and only order what you need. Please do not stockpile medicines as excess supplies can be dangerous and wasteful.”

**Keep a well-stocked medicine cabinet**

Ensure your medicine cabinet is stocked with over-the-counter remedies like paracetamol, ibuprofen, and anti-diarrhoea tablets. This way, you can manage common winter ailments at home without needing to see a GP.

**Use the right service**

For non-emergencies, you can get medical advice 24/7 by calling NHS 111 or using the 111 online service. They have trained professionals who can direct you to the appropriate care.

While most GP surgeries will be closed on Christmas Day, Boxing Day, and New Year’s Day, some pharmacies will remain open and are the best place to go for minor health concerns.

Your local pharmacy can provide advice for common winter conditions such as coughs, colds, sore throats, tummy troubles, and aches and pains. Check their opening hours via [www.nhs.uk/service-search/find-a-Pharmacy](http://www.nhs.uk/service-search/find-a-Pharmacy).

**Be aware of norovirus**

Norovirus outbreaks are more common during winter. There is no specific treatment, but you can ease symptoms by staying hydrated. Avoid visiting your GP unless symptoms persist for more than a few days. To prevent catching norovirus, wash your hands thoroughly after using the toilet.

**Look out for yourself and others**

Winter can affect your mental health, so try to get outside in the sunshine, even for short periods, to boost your wellbeing. Older neighbours and relatives may need extra help to stay well, so keep in touch and check on them regularly.

For serious or life-threatening illnesses or injuries, always call 999 for an ambulance or go to the nearest emergency department.

Stay safe and enjoy the festive season!

For more information, visit [www.letsgetbetter.co.uk/bank-holiday](file:///C:\Users\chelsea%20sampson\Desktop\www.letsgetbetter.co.uk\bank-holiday).

**ENDS**

**Notes to editors**

For media enquiries, email: [hnyicb.communications@nhs.net](mailto:hnyicb.communications@nhs.net).

**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.