



# Staying well this winter

ISSUE 01

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.

## Get in the Know this winter

It can be difficult to think clearly when you, or your child, experience an immediate health problem.



NHS Leicester, Leicestershire and Rutland have created a page called Get In The Know to help you understand local services so that you know where to reach out in the event of an injury or illness, including [how to get care over the Christmas and New Year period](#).

The page gives information about urgent care services such as your GP practice, 111 and A&E. As well as how your pharmacist or 111 online can help with minor ailments.

**[Click here to access the 'Get in the Know' information](#)**



## Health for Kids! Winter wellness hub

To help support you and your family stay well this winter, on Health for Kids: Grownups you can access an [online winter hub](#) with advice around flu, local vaccination clinics, fevers, stomach bugs as well as general winter health and safety advice.

The hub contains information for all the family, with CBBC's Operation Ouch team on hand with videos on head injuries and fevers for children to enjoy, while grownups can discover how to look after a member of the family with norovirus.

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



## DID YOU KNOW....

Norovirus and other sickness bugs can usually be treated at home without any need for hospital treatment. The most important thing is to drink lots of water to stay hydrated!

## 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 \(@emasnhstrust\)](#)
- [Leicestershire Police \(@leicestershire\\_police\)](#)
- [Leicester City Council \(@leicestercitycouncil\)](#)
- [Leicestershire County Council \(@leicscountyhall\)](#)
- [Rutland County Council \(@rutlandcouncil\)](#)



**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 urgent care centres, GPs and pharmacies

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.**

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 Leicester's Hospitals' 'Stay Well Guide'**



**Stay Home, Stay Well**

NHS  
Leicester,  
Leicestershire  
and Rutland

A Parent's Guide to:  
**Self-care at home  
for children aged  
0-9**



The flu virus can survive on surfaces for many hours, so good hand hygiene and frequent hand washing is very important.

Having the flu vaccine can also help protect you, your family and others from the worst effects.

## DID YOU KNOW....