

NHS reminds you to be ready for Easter holidays



Easter holidays are coming up and the NHS want to remind you to be ready for the holidays ahead by stocking up on any medicines only available from pharmacies.

The NHS Scotland Be Ready for Easter campaign, which was launched today is advising people to take a few simple steps to look after their health.

By making sure they have a supply of over the counter medicines, knowing when their GP surgery is open and checking their repeat prescriptions, they can ensure they make the most of the Easter holiday weekend.

This year many GP surgeries across Scotland will close for four days from Good Friday (April 18th) to Easter Monday (April 21st), before re-opening on Tuesday 22nd April.

NHS 24 Medical Director Professor George Crooks said: “After winter, Easter is the busiest time of year for Scotland’s health services. The Be Ready for Easter campaign wants to remind people of the small steps they can take to ensure illness doesn’t ruin their Easter.

“Being prepared by having enough repeat medication to cover you and having some simple home remedies available can make all the difference if illness strikes. It is also important to plan ahead for any required repeat prescriptions over the Easter break, so please order and collect in good time. We would also remind people of the wide range of health information available at NHS inform.”

Professor Alison McCallum, Director of Public Health and Health Policy, NHS Lothian, said:-“We’d encourage anyone who relies on prescription medicines to ensure they get their request for a repeat prescription to their GP or pharmacist well before Easter preferably by April 10th.

“It’s important you have the medicines you need to see you through this holiday period. Coughs and colds are still doing the rounds. Staying at home, regular hot drinks and taking plenty of rest is the best medicine for a cold. This also helps our specialists focus their efforts on those who are seriously unwell. To help manage troublesome symptoms e.g. colds, your local pharmacist can advise on what you need for a well stocked medicine cabinet.”

Although many GP surgeries will be closed at Easter, hundreds of GPs will be working throughout this period supporting out of hours services across Scotland.

The four key steps that Be Ready for Easter recommends this Spring are:

Restock your medicine cabinet if needed

Common ailments such as colds can often be effectively treated at home with readily available medicine such as pain relief, cough mixture and cold remedies. Parents are reminded to restock their medicine cabinet with child-friendly remedies.

Use your local pharmacy

Your pharmacist can offer advice or help if you need over-the-counter remedies or have run out of any prescribed medication. You can also pick up plasters and antiseptic creams to prepare for any minor accidents.

Make sure you have enough repeat prescription.

If you or someone you care for requires medicines regularly,

make sure you order and collect repeat prescriptions in good time to ensure you have enough medicine to last over the holiday period.

Know when your GP surgery will be open

Your local doctor's surgery may be closed for four days during the Easter weekend from Good Friday to Easter Monday (April 18th – April 21st).

General advice and information on how to stay healthy this Easter can be found at www.nhsinform.co.uk or contact NHS inform on 0800 22 44 88.