

# Look after your health this Easter



NHSScotland remind you of the need to ensure you are ready for the holiday time by taking a few simple steps. Their campaign character Dr Owl will once again take to the skies across Scotland today to remind you to look after your health this Easter.

Dr Owl was joined by five-year-old Freya Cowie from Dunblane and seven-year-old Jack Ozen from South Queensferry at the New Hopetoun Garden Centre to launch this year's Be Health-Wise This Easter campaign. The campaign, which is run by NHS 24 on behalf of NHSScotland, is reminding people that 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 3<sup>th</sup>) to Easter Monday (April 6<sup>th</sup>), before re-opening on Tuesday 7<sup>th</sup> April.

After winter, Easter is the busiest time of year for Scotland's health services. NHS 24 Medical Director Professor George Crooks said: "Easter falls slightly earlier this year and as such, there are still many common illnesses circulating within communities. The Be Health-Wise This 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.”

Although many GP surgeries will be closed at Easter, hundreds of GPs and nurses are working throughout this period supporting out of hours services across Scotland to see patients with conditions that need urgent attention over the holiday period and cannot wait until the surgeries reopen on Tuesday.

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