

# Plan ahead with repeat prescriptions over holiday period

NHS 24 is reminding anyone taking long-term medication to plan for the festive holidays as part of this year's 'Be Health-Wise This Winter' campaign.



The Be Health-Wise campaign features Dr Owl who has been busy tweet-tweeting reminders about how we can look after ourselves during the busy winter period. Having the right medicines is part of this, as NHS 24's Head of Pharmacy, John McAnaw explains:

"Winter can be a time for lots of minor ailments so we should all have things like paracetamol, ibuprofen and rehydration salts to hand. However, it is really important that people who rely on repeat medicines check what they have, and make sure they have enough to cover the festive holidays. Winter can always throw up a surprise, especially in terms of weather so don't leave it to the last minute to order and pick up your repeat prescription. Order only what you need and collect it in plenty of time."

The Be Health-Wise This Winter campaign is supported by Community Pharmacy Scotland. Harry McQuillan, Chief Executive Officer says:

"Our community pharmacists are there to support people with advice about their health and wellbeing and they can also give ideas about what to keep in the house at this time of year to help with seasonal illnesses. They can also help with emergency supplies of medicines or dressings so it's worth knowing where your local pharmacist is and what their opening

hours are over the holidays.”

Advice and information on how to stay healthy this winter can be found at [www.nhsinform.co.uk](http://www.nhsinform.co.uk)