

Milo stars in NHS 24 campaign

A young boy from Balerno, is helping NHS 24 remind people to take a few simple steps to look after their health over the Easter holiday weekend.

Milo, age 5, is taking a starring role in the Be Health-Wise this Easter campaign in a spring photo featuring advice from the wise Dr Owl and his forest friends.

As many local GP surgeries may be closed on Good Friday (19 April) and Easter Monday (22 April), people across the Lothians are being encouraged to take a few simple steps to make sure they stay well and enjoy the holiday weekend:

- Be prepared for common illnesses with over-the-counter medicines
- Make sure you have enough repeat prescription
- Know your GP surgery and local pharmacy opening times

NHS 24's Medical Director, Dr Laura Ryan, said: "We were delighted to welcome Milo along to our Be Health-Wise photo shoot, which is helping to share the message that planning ahead can help ensure that common ailments such as colds and flu don't become a big problem over Easter. Common illnesses can often be treated at home with over-the-counter medicines such as pain relief, antihistamines and indigestion remedies. So make sure you have enough to cover the holiday period.

"Make the most of the brighter spring weather and get outdoors with your family but remember to pick up some plasters and antiseptic cream for treating any minor injuries, such as scratches, bumps and cuts."



NHS 24

Pic Peter Devlin

Dr Ryan is also asking people who require medication regularly to check they have enough.

She said: "If you, or someone you care for, requires medicines regularly, make sure you have enough to last over the holiday period. Order what you need only and pick it up in plenty of time."

“Your local community pharmacist has a range of helpful information and advice to share. They can help if you have run out of any prescribed medication, can give advice on child-friendly medicines, and prescribe medication for the treatment of impetigo and some urinary infections.”

You can search for your nearest pharmacy opening times on Scotland’s Service Directory at [NHSinform.scot](https://www.nhs.uk/ServiceDirectory). The website also has self-help guides to help you assess and manage common illnesses at home.

If you, or a family member, falls ill and you can’t wait until your GP surgery reopens, call NHS 24 on 111.



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