

News release

Friday December 9, 2011

For immediate release

Stock up during your supermarket shop

Families are being urged to use their weekly supermarket shop to pick up essential medicines for treating coughs, colds, scrapes, scratches, tummy bugs and toothaches over the festive period.

Essential items for medicine cupboards include a thermometer, tablets to treat diarrhoea as well as rehydration sachets, cold and flu remedies, plasters, antiseptic cream and paracetamol.

Dr Tim Davies, deputy director of public health speaking on behalf of Leicester, Leicestershire and Rutland PCT Cluster, said: "We all visit the supermarket at least once a week, so while there it makes sense to stock up on health essentials to ensure you're prepared.

"Details on Christmas and New Year opening hours for GP practices will be available on our websites before the holidays begin – www.lcr.nhs.uk or www.leicestercity.nhs.uk – however local pharmacists should also be able to help with advice on diarrhoea, runny noses, coughs and headaches as well as ear and toothaches as most of these can be treated at home with rest, over-the-counter medicines and plenty of fluids."

The local NHS has put together a Choose Better guide to remind people to play their part in choosing the right health service this winter and keep A&E free for those with the most serious illnesses and injuries during one of the busiest times of the year. For more information visit www.choosebetter.org.uk

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For interviews or more information please contact media officer Liz Thomas on 0116 295 7677 or liz.thomas@leicestercity.nhs.uk or senior media officer Caroline Higgs on 0116 295 7663 or caroline.higgs@lcr.nhs.uk.

Notes to editor:

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health. Although we share one Cluster Board and our staff work across the city and county boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of more than a million people. Cluster formation is an interim stage in the reform of the NHS, involving on-going transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament and the House of Lords.