WITH the colder months now upon us, here’s a few simple steps you can take to make sure you’re ready for winter and help yourself and others stay safe and well.

Get your flu jab
The best way to protect yourself and others from falling ill with flu is to get a flu vaccination.
Flu vaccinations are available at GP practices across Tameside for patients who are more vulnerable if they catch flu. If you qualify for a free flu jab (see list below) or have children aged 2 and 3 years old, visit your GP practice website for further information or give them a call.
You can also choose to go to a participating pharmacist instead. All primary school aged children will be offered a vaccination at school.
Flu is very infectious and can be easily spread to other people.
Covering your mouth and nose when you cough or sneeze, disposing of dirty tissues in a bin and washing hands frequently helps prevent spread of flu.
Flu can cause fever, headaches, aches and pains in joints and muscles with extreme tiredness. For most people it is an unpleasant and self-limiting illness but for some groups of people it can develop into a far more serious illness leading to a hospital admission. Every year across the UK people die from flu. Flu vaccination offers you the best protection.

The flu vaccine is free on the NHS to:
- All adults aged 65 years and over
- People at risk with long term health conditions from 6 months of age to 64 years
- People with learning disabilities
- Pregnant women
- Children aged 2-10
- Carers of any person who has a disability or caring for an older person
- Household contacts of people who are immunosuppressed

The best time to have a flu vaccine is before the end of November but remember NHS vaccines are available right through to March 31 2020.
For further information see www.nhs.uk/conditions/flu

Stay safe
Now’s the perfect time to stock up on your own supply of grit – available from supermarkets, garden centres and DIY outlets – ready for clearing your paths and driveway of ice and snow.
There is no law preventing you from clearing snow and ice on the pavement outside your property, pathways to your property or public spaces. It is very unlikely that you would face any legal liability, as long as you are careful, and use common sense to ensure that you do not make the pavement or pathway clearly more dangerous than before.
People using areas affected by snow and ice also have responsibility to be careful themselves.

Look after others
During periods of adverse weather in winter it becomes even more important to support vulnerable and older people.
The Council will do as much as possible but we also ask local residents to keep an eye out for vulnerable older neighbours, family members, friends and homeless people who may be at greatest risk.
You can do this by making arrangements with them to help out with grocery shopping or other important tasks. Often just popping round every day to see if they are okay can make all the difference.

Get the right treatment at the right place
Self care
Lots of problems can be treated just by looking after yourself. Making sure you have over-the-counter products such as painkillers, antacids and plasters in your medicine cupboard means that if you or your family becomes unwell, you have something to help.
Drinking plenty of water is a good way to help you get better if you are feeling unwell. Getting plenty of rest can also help.

Did you know?
- Viruses that cause coughs, colds and sore throats cannot be treated by antibiotics
- Maintaining a healthy diet and taking plenty of exercise can help you keep fit and well
- Eating five portions of fruit and vegetables a day and drinking lots of fluids may help protect you from a number of preventable illnesses

#RightTreatmentRightPlace

Pharmacist
Visiting your pharmacist can be a quick way of accessing medical help and advice.
As well as dispensing prescriptions, they provide a wide range of services and immediate help and advice on many illnesses such as cold and flu, stomach upsets and sore throats.

Contact your GP
You should visit your GP if you or a family member has a condition that you or your pharmacist cannot treat.

Urgent Treatment (including walk-in)
If you have a condition that needs prompt medical help to avoid it deteriorating, but is not life-threatening, then the new and enhanced urgent treatment centre (including walk-in access) and primary care access service is there to help you.
The Urgent Treatment Centre (UTC)/walk in centre next to A&E at Tameside Hospital is open 9am to 9pm seven days a week for conditions that require prompt medical help.

The council monitors the forecast and local road temperatures to manage gritting operations.
Latest gritting updates are posted on twitter @tmbc_highways and @TamesideCouncil
Roads are gritted on a priority basis.
For further information see www.tameside.gov.uk/gritting

Remember that gritting does not melt snow and ice immediately.
For further information on being prepared for winter weather see www.tameside.gov.uk/ winterweather

The Primary Care Access Service (PCAS) offers appointment times outside traditional GP practice hours. Patients can pre-book – via their GP practice – routine evening or weekend appointments with a healthcare professional at one of five neighbourhood hubs. Also, when GP practices are closed, patients who require urgent but not life-threatening assistance may also be offered an appointment at one of the five neighbourhood hubs via NHS 111.

NHS 111
For free and confidential advice and guidance on where to get the right information or assistance you can speak to the NHS by calling 111 or access online at www.111.nhs.uk

Accident and Emergency
Accident and Emergency (A&E) is for hospital attention due to serious illness or injury only. Visit A&E if it’s a serious or life threatening situation.
Remember A&E should only be used in extreme circumstances.

#winterready