

# Media Release

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**Government encourages more people to use their local pharmacy in relation to minor ailments and flu vaccination, as an alternative to visiting their GP or A&E**

Robert Goodwill MP for Scarborough and Whitby, will be visiting Lincolnshire Coop Pharmacy, 10-12 Aberdeen Walk, YO11 1XP at 9am on Monday 22<sup>nd</sup> December 2014. The purpose of his visit is to encourage people to use their local pharmacies to their fullest extent and to have his annual flu vaccination. This is because they are a convenient alternative to GPs and A&E when it comes to minor ailments such as, coughing, respiratory problems, colds and sore throats and to have your flu jab

Most flu outbreaks usually happen in later autumn or winter and for most people it's an unpleasant but not life threatening condition. A winter flu jab can help you keep bugs at bay.

Robert Goodwill MP for Scarborough and Whitby said, "Pharmacies by providing this service are making flu vaccination more accessible and convenient. Flu is a really unpleasant illness, particularly for most vulnerable groups and it is essential that people take steps to protect themselves during the winter months. I would urge those who are offered the free flu vaccination to visit their local Pharmacy early in the flu season. I also urge all health care workers to make sure they are vaccinated to protect themselves, their patients and their families, and for those like me who don't qualify for a free jab – I can't think of a better investment".

Many people are eligible for a **FREE FLU VACCINATION** such as...

- Age 65 or over

- Pregnant

And many with long term medical conditions. Your local Pharmacist will inform you if you are eligible for a free flu jab.

As age begins to become a factor to your health, it is possible for your minor winter ailments to become serious and lead to hospitalization for treatment. By making the most of your local pharmacy and seeking pharmaceutical advice in the early stages of illness, you may improve your chances of avoiding a serious issue and hospital admittance.

It is not easy for everyone to ask for help. Many feel like seeking the aid of a pharmacist due to minor ailments, such as colds and sore throats, is a potential waste of their time. Those few people could not be more wrong - they want to help! Your local pharmacist has your best interest at heart and would not turn you away. The sooner you seek pharmaceutical advice, the sooner you will recover and get back on your feet.

An ever-increasing amount of people are visiting their local pharmacists for help and advice. This is because pharmacists are a trusted, highly trained and convenient source of health advice. As soon as symptoms begin to occur, talk to your pharmacist. They are the heart of the community.

Local community pharmacists can:

- Give you expert advice to help prevent and relieve common conditions such as coughing, respiratory problems, colds and sore throats.
- Help you manage a long term condition.
- Offer longer opening hours than many GP surgeries without the requirement of an appointment.
- Provide private consultations.
- Tell you if you need to see your GP.

Robert Goodwill MP for Scarborough and Whitby said, "We need to encourage more people to use their local pharmacies; especially when they are suffering with minor ailments such as, coughing, respiratory problems, colds and sore throats. As well as having their annual flu jab. Pharmacists are highly trained and are a more convenient option than visitation of a GP or A&E. If more people were to use their local pharmacies it would save them a lot of time booking appointments with their GPs; and this is especially true in the case of the elderly. Pharmacists can give you expert advice to help prevent minor ailments becoming serious matters, and they will also advise you to see your GP if need be. It is important that people seek pharmaceutical advice as soon

as the symptoms start to occur in order to avoid the prospect of serious illness.”

**End**

## **Editor Notes**

For further information or you wish to cover the story and send a photographer

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