

Dr Khuroo's Practice

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It's Flu Season!

Don't give the flu a chance to infect you!

Flu season starts in October and peaks in February. Influenza (flu) is a contagious, airborne transmitted, respiratory virus that infects the nose, throat, and lungs. It can cause mild to severe illness, pneumonia, and though rare, can lead to death. Symptoms may last over two weeks and can include:



Fever / chills



Body aches



Fatigue



Headache



Congestion



Cough



Breathing issues



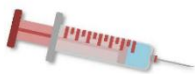
Sore throat



Vomiting / Diarrhea



Preventing The Flu



Get Vaccinated

Getting the annual Flu vaccine is the first and most important step in protecting yourself and others from the flu.



Practice Good Hygiene

Wash your hands often with soap and water. Carry and use hand sanitizer. Avoid touching your eyes, nose and mouth.



Decontaminate

Use appropriate products to clean and disinfect frequently used surfaces and objects that may be contaminated with the flu and other germs.



CONTACT US
ONLINE

www.drkhuroospractice.co.uk

Prescriptions

Non urgent appointments

Admin Queries

Sick (fit) notes



Christmas opening hours

Christmas Eve – 08:00 to 18:30

Christmas Day – Closed

Boxing Day – closed

New Year's Eve – 08:00 to 18:30

New Year's Day – Closed

Do you care for someone?

Help with caring responsibilities

To get support in your caring role, tell us that you care for somebody.

We can offer support, information and advice.

It is important that you are recognised as a 'partner in care' and having your expertise valued.

ask what matters – **listen** to what matters – **do** what matters

**what
matters
to you?**

Self Care

Taking care of yourself so that you can be healthy, you can be well, and you can do all the things that matter to you



5 self-care strategies to help reduce stress

1. Establish your priorities – be it in work or daily life
2. Complete your own stress bucket to identify your stressors and how to manage them
3. Reach out to family and friends
4. Spend time exercising or out in nature
5. Once a week, try to set time aside for a hobby you love or try something new



mentalhealth-uk.org/bucket



For more information
please contact us



**Armed Forces Veteran
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GP Practice**

Most pharmacies can help you with **seven common conditions** without needing a GP appointment

NHS
Providing NHS services

Speak to your pharmacist if you suspect you have:

- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 18 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)



**Visit your
Pharmacy First!**