








## Get winter ready

Poster	message	Link to include
	<p>Get ready for Christmas and New Year. 🎄</p> <p>Pharmacy processing times may be slightly longer at this time of year. Do not delay ordering or collecting repeat prescriptions.</p> <p>More info → [Link]</p>	<p><a href="https://letsgetbetter.co.uk/bank-holiday">letsgetbetter.co.uk/bank-holiday</a></p>
	<p>Get ready for the festive period. 🧑‍🎄</p> <p>Stock up on over-the-counter remedies to help with common illnesses and ailments.</p> <p>Find out more → [Link]</p>	<p><a href="https://letsgetbetter.co.uk/bank-holiday">letsgetbetter.co.uk/bank-holiday</a></p>
	<p>Check in with elderly neighbours and relatives. 🧓</p> <p>Older people can be more vulnerable during winter and may require extra support. Regular check-ins can contribute to their overall wellbeing.</p> <p>Get winter ready → [Link]</p>	<p><a href="https://letsgetbetter.co.uk/bank-holiday">letsgetbetter.co.uk/bank-holiday</a></p>

 <p>LET'S GET BETTER. <b>NHS</b></p> <h2>Get ready</h2> <p>Use NHS 111 for urgent medical help</p> <p>✓</p>	<p>For non-emergency medical advice, NHS 111 is available 24/7.</p> <p>Trained medical professionals can provide guidance on the most appropriate medical care.</p> <p>More info → [Link]</p>	<p><a href="https://letsgetbetter.co.uk/bank-holiday">letsgetbetter.co.uk/bank-holiday</a></p>
 <p>LET'S GET BETTER. <b>NHS</b></p> <p>Is your medicine cabinet</p> <h2>WINTER READY?</h2> <ul style="list-style-type: none"> <li>• Paracetamol</li> <li>• Ibuprofen</li> <li>• Anti-diarrhoea tablets</li> <li>• Cough syrups</li> <li>• Indigestion remedies</li> <li>• Rehydration salts</li> </ul> <p>✓</p>	<p>Is your medicine cabinet winter ready? ❄️</p> <p>Add basic remedies to your Christmas list to help you and your family stay well this winter.</p> <p>Find out more → [LINK]</p>	<p><a href="https://letsgetbetter.co.uk/bank-holiday">letsgetbetter.co.uk/bank-holiday</a></p>