

Craigshill Health Centre



October 2024 Newsletter

CRAIGSHILL HEALTH CENTRE

The West Lothian Health and Social Care Partnership will be holding a COVID / Flu Vaccination Clinic held in Craigshill Health Centre on the following dates:

Wednesday 13th November 2024 (09:30 – 16:15)

Thursday 14th November 2024 (09:30 – 16:15)

- This is a walk-in clinic – no need to book an appointment.
- If you have received an invitation from NHS Lothian to attend a Vaccination Appointment, which you are unable to attend you can come along.

[Click here for more info](#)



Public Holidays

The practice will be closed on the following dates:

- Wednesday 25th December 2024
- Thursday 26th December 2024
- Wednesday 1st January 2025
- Thursday 2nd January 2025

Care of Burns
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National Managed Clinical Network

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Help prevent scalds this winter



To avoid hot water bottle burns and scalds, follow these safety tips this winter:



Avoid using a bottle more than 2 years old

Check the year of manufacture in the middle of the 'daisy wheel' on the bottle neck

Always use a cover

Never fill with boiling water

Fill a maximum of two thirds

Do not let children fill hot water bottles

Scan the QR code to learn about the daisy wheel and for safety advice



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Chest infections

Chest infections are common, especially after a cold or flu during autumn and winter.

Although most are mild and get better on their own, some can be serious or even life-threatening.

Signs and symptoms of a chest infection

The main symptoms of a chest infection can include:

- a persistent cough
- coughing up yellow or green phlegm (thick mucus), or coughing up blood
- breathlessness or rapid and shallow breathing
- wheezing
- a high temperature (fever)
- a rapid heartbeat
- chest pain or tightness
- feeling confused and disorientated

You may also experience more general symptoms of an infection, such as a headache, fatigue, sweating, loss of appetite, or joint and muscle pain.

Caring for your symptoms at home

Many chest infections aren't serious and get better within a few days or weeks. You won't usually need to see your GP, unless your symptoms suggest you have a more serious infection.

While you recover at home, there are things you can do to improve your symptoms.

Find out more about Chest Infections by visiting NHS Inform [here](#) or by scanning the QR Code.



If you have a chest infection, do:

- get plenty of rest
- drink lots of fluid to prevent dehydration and to loosen the mucus in your lungs, making it easier to cough up
- treat headaches, fever and aches and pains with pain relief such as paracetamol or ibuprofen
- drink a warm drink of honey and lemon to relieve a sore throat caused by persistent coughing
- raise your head up with extra pillows while you're sleeping to make breathing easier
- stop smoking if you smoke

When to contact your GP

- you feel very unwell or your symptoms are severe
- your symptoms are not improving
- you feel confused, disorientated or drowsy
- you have chest pain or difficulty breathing
- you cough up blood or blood-stained phlegm
- your skin or lips develop a blue tinge (cyanosis)
- you're pregnant
- you're 65 or over
- you're very overweight and have difficulty breathing
- you think a child under five has a chest infection
- you have a weakened immune system
- you have a long-term health condition
- you have a cough that has lasted more than 3 weeks

Worried about winter fuel costs?

We offer free, impartial advice on energy saving, keeping warm at home, renewable energy, greener travel, cutting water waste and more. Call them on 0808 808 2285 for more info or visit [here](#).

