

Helping your communities feel prepared ahead of the festive period

Important pharmacy messages from Community Pharmacy Surrey & Sussex.

Please integrate the following pharmacy messages into winter wellbeing communications to your communities over the festive period.

Need to find a pharmacy over the festive period?

Why not use the [NHS pharmacy finder](#) to find your closest store. Remember to avoid pharmacies if you, or someone you live with, is showing symptoms of Covid-19.

Pharmacy is open over the festive period but opening times may vary. Check your pharmacy's opening times [online](#) before you visit.

Prepare by ordering your repeat prescription.

Make sure you have enough medication to last over the festive season, or re-order around seven days before you are due to run out.

If you receive medicine on repeat prescription, you can now use [several apps and websites](#) to order online. You, or a friend or relative, can then collect your medicines from a pharmacy or have them delivered to your home (where available).

When you order a repeat prescription online, you can have your prescription sent electronically to a pharmacy or dispenser of your choice. This means you no longer need to collect a paper prescription from your GP surgery.

Save pharmacy deliveries for priority patients.

Why not ask a friend, family member or carer if they can pick up your prescription? If you have been told you are clinically extremely vulnerable, contact [your pharmacy](#) for delivery.

Collecting a prescription for someone else? Here's some useful advice to help you. This useful [poster](#) lists key pieces of information for people who are picking-up medicines from a pharmacy on behalf of someone else.

Don't stockpile medicine. Community pharmacy teams are working hard to make sure that all patients continue to have access to the medicines they need, when they need them. Please only order what you need.

Keep medicine cabinets stocked. Be prepared with a small stock of medical essentials like a thermometer and painkillers, such as paracetamol, at home. Why not use the walk-in services at your local pharmacy to ask for advice on what you should keep in your cabinet?

Respect pharmacy staff. Community pharmacists are critical healthcare providers and deliver vital support as part of the NHS family. Please be patient and polite to staff where there are changes to usual services, or if things take longer than usual over this busy period.

NHS 111 for Urgent care: if you need urgent medical help or advice for non-life-threatening conditions, visit 111.nhs.uk or call 111.

Ongoing services and advice:

Suspected or confirmed case of Covid-19? Please don't visit a pharmacy if you test positive or if you are showing symptoms - dry persistent cough, fever or shortness of breath. Pharmacy staff must be kept safe so they can continue to serve their communities. Ask your pharmacist about the delivery options available instead.

Flu vaccination services may look a little different this year to keep patients and pharmacy staff safe from Covid-19. If you are in an at-risk group, contact your pharmacy team or GP for appointments, and remember to wear a face covering.

Self-care advice: Did you know your pharmacy team can offer advice on a wide range of subjects including self-care and managing common illnesses? Walk-in to your local pharmacy for advice from a highly trained healthcare professional.

Contact Community Pharmacy Surrey & Sussex for further information.

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