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# Patients in Cumbria urged to plan ahead for the Easter bank holiday weekend

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## Patients in Cumbria urged to plan ahead for the Easter bank holiday weekend

Posted on Friday 18th March 2016

Patients in Cumbria are being urged to book any routine appointments and ensure they have a supply of any medication they regularly take to get through the Easter bank holiday weekend. The weekend includes bank holidays on both Friday (25<sup>th</sup> March) and Monday (28<sup>th</sup> March).

Patients are being encouraged to make their plans ahead of time to ensure that any routine appointments with GPs are booked in now, in advance of the bank holiday weekend, to ensure that they avoid any last minute issues at this potentially busy time. Patients with regular prescriptions should also ensure that they have a supply of their required medication to last through the bank holiday weekend, keeping in mind [Pharmacy opening times](#) at this time.

To help keep pressure off accident and emergency departments patients are also encouraged to use the right service level for what they require. Common ailments such as coughs and colds are best dealt with at home with rest and a well-stocked medicine cabinet.

Pharmacists can be a good source of medical advice – they are highly trained, have a private room, and patients do not require appointments. Patients can also ask about symptoms confidentially to get the relevant advice.

Geoff Jolliffe, NHS Cumbria Clinical Commissioning Group Interim Clinical Chair and GP Lead for Furness said: “It’s a good idea just to check that you have all the prescription medication you’ll need to get through the double bank holiday so that you are prepared and don’t run out of anything you really need.

“Even if you aren’t on regular prescriptions it is wise to make sure you have some painkillers and plasters to hand in case they are needed. It’s better to have them in and not use them rather than have to hunt for them when you do. So you’re your medicine cabinet essentials stocked.

“It’s also good advice to make sure that you are organised and have any routine appointments booked in, in plenty of time ahead of the bank holiday, to avoid any last minute panics and struggles to get appointments over this busy time.”

[Click here](#) to view the Pharmacy Easter Opening Hours in Cumbria.

### Notes

Medicine cabinet essentials include:

painkillers such as paracetamol and ibuprofen, including version for children, to be used for minor aches, pains

### Choose Wisely...

Help to keep pressure off A&E by choosing the right service level for what you need. #HelpUsHelpYou




Most common winter ailments, such as coughs & colds, can't be treated with antibiotics & are best dealt with at home with rest and a well-stocked medicine cabinet.



Your local pharmacist is a trained healthcare professional & can give you advice on common illnesses without the need to go to your GP.



Call 111 when you need medical advice fast but it is not an emergency.



If you have a persistent illness that won't go away, make an appointment with your GP.



A & E is for serious and life-threatening injuries and conditions only.

(e.g. headaches and menstrual pain) and flu symptoms

over-the-counter cough, cold, flu and indigestion remedies

oral rehydration sachets and anti-diarrhoea tablets for diarrhoea

antacid tablets or liquid for Indigestion, stomach ache, heartburn, trapped win

plasters

bandages

antiseptic cream

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- **Community Stroke Prevention event in Whitehaven on 14 June**

Monday 10th June 2019

- **Next Governing Body Meeting to take place on Wednesday 5 June 2019**

Wednesday 29th May 2019