

EASTSIDE SURGERY

**Don’t be left out in the cold, understand how to look after your winter ailments**

**Be healthy this winter.**

<http://www.selfcareforum.org/fact-sheets/> (Self Care Forum fact sheets)

<http://www.treatyourselfbetter.co.uk/> (Treat Yourself Better website)

<http://www.nhs.uk/Planners/Yourhealth/Pages/self-care-week-2014.aspx> (NHS Choices)

<http://antibioticguardian.com/> (Antibiotics Guardian)

<http://www.rcgp.org.uk/clinical-and-research/target-antibiotics-toolkit/patient-information-leaflets.aspx> (Antibiotics Awareness)