

# Ball Tree Surgery

theballtreesurgery.co.uk



## Keeping yourself well

### What to eat?

- Eat a healthy balanced diet - Include a good mix of vegetables, salads and fruits

### What do drink?

- Drink plenty of fluids – plain water / low-sugar squash – tea and coffee. Reduce alcohol.

### Taking care of yourself

- Take your medications regularly as prescribed
- Keep warm
- Plan ahead – allow enough time to do things calmly
- Avoid large gatherings
- Take some sort of daily exercise to keep moving
- Avoid areas where there are people smoking or high levels of air pollution

### How to know when you are becoming unwell

#### What are the signs?

- Coughing more
- Chest tightness
- Change in sputum
  - Amount
  - Colour
- Feeling more breathless
- Fever
- Sore Throat
- Not being able to do as much as normal

#### What to do?

- If you start to feel unwell with any of the above symptoms
  - Collect your Standby Prescription for Antibiotics and Steroids
  - Increase your Reliever Medication
  - Eat little and more often
  - Rest more
- **If over the next 24 hours you are not starting to feel better or if in that time you are starting to feel worse** – then start your Standby Medication as prescribed (you will have received a letter or email if you are high risk)
- **If you do not feel any better after 48 hours** of starting your Medication **or if you feel worse in that time** please contact the Surgery
- If you do need to use your standby medication please let the Surgery know so that we can issue another prescription to be ready at the Pharmacy for you

Ball Tree Surgery: **01903 752200**

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