



At Haxby Group we want to work with you to provide a quality service. We have provided some information about self-care. We hope you will find this information useful and that it may help you manage your own health and give you advice on common problems you may encounter.

Self-Care Fact Sheets & Videos:

The following links will allow you to see some videos/fact sheets on common ailments. You may be able to use the advice given in the links to self-care and manage the problem yourself. If you are concerned that you are seriously unwell please contact the surgery using the CONTACT details on the Haxby Group homepage.

Please click on 'Fact Sheet' or Video' for information.

<p>Cold & Flu</p> <p>FACT SHEET VIDEO</p>	<p>Back Pain</p> <p>FACT SHEET VIDEO</p>	<p>Sinusitis</p> <p>FACT SHEET VIDEO</p>	<p>Diarrhoea</p> <p>FACT SHEET VIDEO</p>
<p>Coughs</p> <p>FACT SHEET VIDEO</p>	<p>Medicine Cabinet Essentials</p> <p>FACT SHEET VIDEO</p>	<p>Musculoskeletal Pain</p> <p>FACT SHEET VIDEO</p>	<p>Ear Infections</p> <p>FACT SHEET VIDEO</p>
<p>Sore Throat</p> <p>FACT SHEET VIDEO</p>	<p>Anxiety Low Mood</p> <p>FACT SHEET VIDEO</p>	<p>Fatigue</p> <p>FACT SHEET VIDEO</p>	<p>Viral Infections</p> <p>FACT SHEET VIDEO</p>
<p>Sprains & Strains</p> <p>FACT SHEET</p>	<p>Sleep Disorders</p> <p>FACT SHEET VIDEO</p>	<p>Headaches & Migraines</p> <p>FACT SHEET</p>	<p>Common Child Illness</p> <p>FACT SHEET</p>
<p>Heartburn & Indigestion</p> <p>FACT SHEET</p>	<p>Urine Symptoms in men</p> <p>FACT SHEET</p>	<p>Constipation</p> <p>FACT SHEET</p>	<p>Skin Conditions</p> <p>FACT SHEET</p>