

## Winter illness: It pays to be prepared

Make sure your medicine cabinet is stocked up with:

- Paracetamol
- Anti-diarrhoeal medicines
- Rehydration mixtures
- Indigestion remedies
- Plasters
- Thermometer
- Anti-inflammatories
- Antihistamine

Make sure you pre-order and collect repeat prescriptions before your GP surgery closes prior to any Bank Holidays.

Remember you can get a free flu jab from your GP if you are:

- over 65 years of age
- under 65 with a long term condition
- a 2 to 4 year old child
- pregnant
- a carer

## Stop things spreading

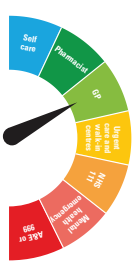
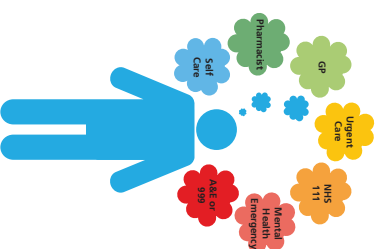
To prevent something you have caught spreading to others:

- catch coughs and sneezes in a tissue
- dispose of tissues quickly and safely
- regularly wash your hands with soap and warm water

These simple measures, plus not visiting a patient in hospital if you are unwell yourself, can make a big difference and will help protect you, your family and those around you.

# Choosing the Right Care





# How to make sure you choose the right care when you are injured or unwell

If you are injured or ill, the NHS provides a range of services to help you get well. You can get faster and better treatment by choosing the NHS service that can best treat your symptoms. This will help us reduce the pressure on services like A&E so they can help those people in most need.

**Remember: A&E is for life threatening illnesses and injuries only.**

Visit NHS Choices [www.nhs.uk](http://www.nhs.uk) for more information

## Hangover?

### Self care

A lot of common illnesses can be treated in your own home by using medicine and getting plenty of rest. It is worth keeping in your medicine cabinet paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy, antihistamine, plasters and a thermometer.

## Sore throat?

For more information visit NHS Choices

## Cough?

[www.nhs.uk](http://www.nhs.uk)

## Diarrhoea?

### Pharmacist

Your local pharmacist can give you friendly, expert advice about over-the-counter medicines that can help with lots of common conditions, without the need for an appointment.

## Painful cough?

For help finding your nearest pharmacist visit NHS Choices

## Headache?

[www.nhs.uk](http://www.nhs.uk) or call 0300 311 22 33

## Vomiting?

### GP

Make an appointment with your local GP when you have an illness or injury that will not go away. Get the treatment you need at a convenient time and place and reduce the demand on emergency services. The GP out of hours service can be accessed during evenings and weekends by appointment only.

## Stomach ache?

To access your local Out of Hours service, please dial your normal GP surgery telephone number where you will be diverted to the service, or call NHS 111.

## Cuts?

### Walk-in Centres and Urgent Care Centres

If you feel your symptoms cannot wait for a GP appointment but at the same time do not require emergency treatment, Walk-in Centres and Urgent Care Centres are open 24 hours per day.

## Strains?

Your nearest Walk-in Centre / Urgent Care Centre is located at Primary Care 24, next to the Emergency Department at King's Mill Hospital, or at Newark Minor Injuries Unit.

## Itches?

Further information on the nearest services to you can be found by visiting [www.nhs.uk](http://www.nhs.uk)

## Sprains?

### NHS 111

111 is the new free phone number for when you need medical help fast – but it is not an emergency – when someone needs help to save their life – call 999. The service operates 24 hours per day, 7 days per week, 365 days a year.

## It's not a medical emergency but you need help fast?

## Mental health emergency?

### Mental Health Services

You should call your GP practice if you have a mental health emergency. You can call your GP practice at any time of the day or night, and someone will be able to speak to you. If you are already having care through a mental health team, contact them directly.

## Chest pain?

### A&E or 999

For life threatening injuries or illnesses go to A&E or call 999. A&E departments are open 24 hours a day, 365 days a year to treat people with serious and life-threatening emergencies. A&E or 999 should only be used in a critical or life threatening situation. To find your nearest A&E Department please visit NHS Choices [www.nhs.uk](http://www.nhs.uk) or call NHS 111.

