

## Winter Illness It pays to be prepared

Remember, if you are over 65 or have a long-term health problem, you can get a free flu jab from your GP.

Recover properly. If you do catch a cold or flu, make sure you:

- Stay at home and get plenty of rest
- Have lots of non-alcoholic drinks
- Eat if you feel able to
- Let a friend or neighbour know you are ill

Stay warm

- Keep room temperature warm and comfortable
- Wear lots of thin layers – and a hat, scarf and gloves if you go outside
- Have regular hot drinks and hot meals that include fruit and vegetables
- Take regular, gentle exercise to generate body heat
- For those over 60, low income families and people with disabilities, further information is available at:  
[www.direct.gov.uk/keepwarmkeepwell](http://www.direct.gov.uk/keepwarmkeepwell)

## Did you know?

- One out of every four people who go to A&E could have been treated elsewhere in the community, or could have self-treated.
- More than 3.3 million people from the North West went to their local A&E department last year, at a cost of over £900,000 a day to the NHS
- Every time someone goes to A&E and is discharged without needing further treatment, the cost to the NHS is £124
- Remember A&E and 999 services are for life-threatening and emergency conditions only.

# Feeling unwell?

There are a range of NHS services on your doorstep.



**Make sure you Choose Well.**  
Get the right treatment for you and help the NHS to manage its resources.

# Choose well

for expert help and advice

## Self-care

**Self-care** is the best choice to treat very minor illnesses, ailments and injuries. A range of common illnesses and complaints, such as coughs, colds, sore throats and upset stomachs and aches and pains can be treated with a well stocked medicine cabinet and plenty of rest.

### Some self-care essentials

- Paracetamol
- Anti-diarrhoeal medicines
- Re-hydration mixtures
- Indigestion remedies
- A thermometer

## NHS Choices [www.nhs.uk](http://www.nhs.uk)

**NHS Direct**  
0845 4647

**NHS Choices** is a dedicated website where you can find up-to-date and expert advice on a range of illnesses and complaints, as well as find your nearest NHS services, such as GPs, dentists, pharmacists, walk-in centres and so on.

**NHS Direct** provides a confidential telephone service, 24 hours a day, to give advice and guidance on health issues.

Calls cost a maximum 5p from a BT landline. Calls from mobiles and other networks may vary. An interpretation service is available in many languages.

## Your Local Pharmacy

Your local high street pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment or go to your A&E.

### More Information

To find your nearest local pharmacy, look in your local phone directory, or go to [www.nhs.uk](http://www.nhs.uk) or text 'pharmacy' to 64746 to receive three free texts with details of your nearest pharmacies.

## Your GP

If you have an illness or injury that won't go away, make an appointment with your GP. They provide a range of services by appointment and when absolutely essential can make home visits.

### More Information

To find your nearest GP service, go to NHS Choices [www.nhs.uk](http://www.nhs.uk) or call NHS Direct 0845 46 47.

## Walk-In Centre Minor Injuries Unit Urgent Care Centre

Walk-in centres, minor injuries units and urgent care centres offer convenient access to a range of treatment for minor illnesses and injuries including infections, rashes, fractures and lacerations, emergency contraception and advice, stomach upsets, cuts, bruises, burns and strains. Local opening times may vary (see overleaf). You will be seen by an experienced nurse, without an appointment.

### More Information

Your local NHS walk in centre is situated at:  
Same Day Health Centre, Fleetwood Hospital, Pharos Street, FY7 6BE.  
Appointments aren't necessary but if you would like an appointment please call 0300 123 1144.

## A&E and 999

A&E departments and the 999 ambulance service should only be used in a critical or life-threatening situation. Dialling 999 and stating an emergency situation will result in a response vehicle being sent to your location.

### More Information

Your local A&E departments are situated at:  
Royal Lancaster Infirmary, Ashton Road, Lancaster, LA1 4RP.  
Blackpool Victoria Hospital, Whinney Heys Road, Blackpool, FY3 8NR