

## Choose Well and be prepared

The information in this leaflet will help you find the right expert care to meet your needs.

One out of every four people who go to A&E could have been treated elsewhere in the community, or could have self-treated. Your local pharmacy can help treat common illnesses.

A&E and 999 services are for life-threatening and emergency conditions only.

By following a few tips, we can all give ourselves the best possible chance of staying well.

### Get your free flu jab

Remember if you're over 65, pregnant or under 65 with a long term health problem, you can get a free seasonal flu vaccination from your GP available from September until the end of March.

### Recover properly

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

- Stay at home, drink plenty of fluids and rest
- Eat if you feel able to
- If it would reassure you, let a friend or neighbour know you are ill.

### Stop things spreading

To prevent the spread of germs to others:

- Catch coughs and sneezes in a tissue
- Regularly wash your hands with soap and warm water
- Do not visit friends and family in hospital if you have sickness and diarrhoea.

**NHS 111** is a free to call service which will help you when you need to access medical help fast but it is not an emergency. It is available 24 hours a day, 7 days a week to help you access local urgent health care services. Call 111. There is an interpretation service available in many languages and text type.

# Feeling unwell?

There is 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

Stock your medicine cabinet with:

- Paracetamol, aspirin, ibuprofen
- Anti-diarrhoea medicine
- Re-hydration mixtures
- Indigestion remedies
- Plasters and a thermometer.

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

## NHS 111

**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.

## NHS 111

**NHS 111** is a free to call service which will help you when you need to access medical help fast but it is not an emergency. It is available 24 hours a day, 7 days a week to help you access local urgent health care services. Call 111. NHS Direct (which will be absorbed into NHS111 in the autumn 2013) is available to give advice and guidance on health issues. Call: 0845 46 47.

## 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 local pharmacy with longer opening hours, go to [www.nhs.uk](http://www.nhs.uk) or call NHS 111, or visit [www.northsomersetccg.nhs.uk](http://www.northsomersetccg.nhs.uk)

## 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, including medical advice, examinations and prescriptions. For urgent GP care out-of-hours contact your GP surgery.

### More Information

To find your local GP surgery, opening times and out-of-hours service, go to [www.northsomersetccg.nhs.uk](http://www.northsomersetccg.nhs.uk) or NHS Choices: [www.nhs.uk](http://www.nhs.uk) or call NHS 111.

## Minor Injuries Unit

Minor Injuries Units (MIU) are able to help with minor injuries and illnesses. The units are equipped with x-ray and other diagnostic equipment. They can treat injuries that are not critical or life threatening. Examples include strains, sprains, broken bones, minor head injuries and eye infections

### More Information

MIUs are located at:

- Clevedon Hospital, Old Street, Clevedon, North Somerset, BS21 6BS. Open everyday 8am–9pm
- Southmead Hospital: 0117 323 5100. Open everyday 9am-8pm
- South Bristol NHS Community Hospital: 0117 342 9692. Open everyday: 8am-8pm.

## A&E and 999

A&E departments and the 999 ambulance service should only be used in a serious or life-threatening situation. If in doubt ring NHS 111 for advice. Dialling 999 and stating an emergency situation will result in a response vehicle being sent to your location.

### More Information

Emergency Department: open all day every day: Weston General Hospital, Grange Road, Uphill, Weston-super-Mare, North Somerset, BS23 4TQ Telephone: 01934 636363 For further information, go to [www.northsomersetccg.nhs.uk](http://www.northsomersetccg.nhs.uk) or NHS Choices website: [www.nhs.uk](http://www.nhs.uk) or call NHS 111.