

Keep happy and healthy this winter. Make the right choice.



*West Cheshire
Clinical Commissioning Group*

There are a range of NHS services on your doorstep.

**Sore throat
Tickly cough
Hangover**

Self-care

The best choice to treat very minor illnesses and injuries.

**Unsure?
Confused?
Need advice?**

NHS Choices and NHS 111

If you need health advice or information about local health services, contact NHS 111 by dialing **111** or visit www.nhs.uk.

**Upset tummy
Runny nose
Headache
Hayfever
Emergency
contraception**



For fast, effective expert advice. Your pharmacist can provide advice on common health problems and the best medicine to treat them. To find your local pharmacy visit www.nhs.uk/chemist.

**Being sick
Earache
Backache
Sore tummy
Minor cuts
Sprains
Strains
Sports injuries**

GP

Your local GP offers round the clock care for illnesses that won't go away. If it is outside of working hours call the emergency GP Out-of-Hours Service on **01244 385300**.

GP Out-of-Hours

Services are available:

- Monday to Thursday 6.30pm - 8.00am
- Friday 6.30pm to Monday 8.00am
- 24 hours on Bank Holidays

**Serious injury
Chest pain
Can't breathe**

A&E - 999

999 should only be used in a critical or life-threatening situation.

Look after yourself.

Reduce your risk of spreading winter illness by:

- Using a tissue for coughs and sneezes
- Disposing of tissues quickly - in the toilet ideally
- Regularly washing hands with soap and warm water
- If you are infectious keep out of contact with others until 48 hours after symptoms have stopped.

Prepare for winter illnesses by visiting your local pharmacy and stocking up on essential remedies and advice.

Make sure your medicine cabinet is stocked up with:

- A thermometer
- Paracetamol - Remember antibiotics don't work on colds and flu viruses or the norovirus stomach bug
- Medicine to treat diarrhoea or indigestion.

Stay warm.

- Dress well - lots of warm layers
- Eat well - hot meals and drinks are essential
- Keep active - physical activity helps keep you warm
- Room temperature should be 21°C /72°F during the day, 18°C /65°F at night.

It's not too late to get your flu jab - this will help you stay in good health.



**For more information visit:
www.westcheshireccg.nhs.uk**