

# Feeling unwell this Winter?

There's a range of NHS services  
on your doorstep

<b>Self-care</b>
<b>www.nhs.uk</b>
<b>NHS Direct 0845 46 47</b>
<b>Pharmacy</b>
<b>GP</b>
<b>NHS walk-in centre</b>
<b>A&amp;E or 999</b>



# Choose well for

expert help and advice

## Self-care

Self-care is the best choice to treat very minor illnesses and injuries. A range of common winter illnesses and injuries can be treated at home simply by combining a well-stocked medicine cabinet with plenty of rest.

**www.nhs.uk**  
**NHS Direct**  
**0845 46 47**

For internet information on all aspects of health and healthcare, go to **www.nhs.uk**. It allows you to check your symptoms, check hundreds of conditions and treatments and find telephone numbers and addresses for most NHS organisations, including hospitals and GPs.

## Pharmacist

Visit your pharmacy when you are suffering from a common winter health problem that does not require being seen by a nurse or doctor. Your pharmacist can provide advice on common winter illnesses and the best medicines to treat them.

## GP

If you have an illness or injury that just will not go away, make an appointment with your local GP. They provide a range of services by appointment, including medical advice, examinations and prescriptions. When absolutely essential, you can see a GP outside of normal working hours.

## NHS walk-in centre

Walk-in centres treat minor illnesses and injuries that do not need a visit to A&E. You do not need an appointment and will be seen by an experienced nurse. For more information go to **www.nhs.uk**.

## A&E 999

Accident and Emergency departments should only be used in a critical or life-threatening situation. A&E departments provide immediate emergency care for people who show the symptoms of serious illness or badly injured. Dialing 999 and stating a medical emergency will result in a response vehicle being sent to your location.

**Self-care - essential information:**

Ensure your medicine cabinet is well stocked with:

- paracetamol
- anti-diarrhoeal medicine
- rehydration mixture
- indigestion remedy
- plasters and a thermometer

**NHS Direct**

For confidential health advice and information around the clock call:

**0845 46 47**

Calls cost a maximum of 5 pence per minute from a BT landline. Calls from mobiles and other networks may vary. Your service provider may charge a minimum cost per call. A confidential interpretation service is available in many languages.

**Pharmacist - essential information:**

Please visit [www.manchester.nhs.uk](http://www.manchester.nhs.uk) or call NHS Direct on 0845 46 47 to find your nearest pharmacy. Remember, they can advise you on how to take your medication and give help and support if you want to give up smoking. Some pharmacies offer a home delivery service.

**GP - essential information:**

To find your nearest GP surgery please visit [www.manchester.nhs.uk](http://www.manchester.nhs.uk). If you need a GP out of normal working hours, please call 0161 336 3252. If you aren't registered with a GP please call NHS Direct on 0845 46 47. Remember, many GP surgeries in Manchester are now offering extended opening hours.

**Your local NHS walk-in centre** is situated at:

- Ancoats Walk-in Clinic, Old Mill Street, M4 6HH
- Piccadilly Walk-in Centre, Gateway House, M1 2GH
- Manchester Royal Infirmary, Oxford Road, M13 9WL
- Withington Community Hospital, Nell Lane, M20 2LR
- Wythenshawe Forum, Simonsway, M22 5RX
- City Health Centre, Market Street, M1 1PL

**Your local A&E** department is situated at:

- North Manchester General Hospital, Delaunays Road, Crumpsall, Manchester, M8 5RB
- Manchester Royal Infirmary, Oxford Road, Manchester, M13 9WL
- Wythenshawe Hospital, Southmoor Road, Manchester, M23 9LT

# Winter illness.

## It pays to be prepared

### Be prepared

Make sure your medicine cabinet is stocked up with:

- Paracetamol or aspirin.
- Anti-diarrhoeal medicine.
- Rehydration mixture.
- Indigestion mixture.
- Plasters.
- Thermometer.

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

### 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.



For the very young, the over 65s and people with long-term health issues, the cold weather can contribute to serious health problems.

The good news is that by following a few top tips, we can give ourselves the best possible chance of staying well this winter.

### 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)

If you want general information about swine flu, call the **swine flu information line on 0800 1 513 513**

For general information and advice about local NHS services please contact the Patient Advice and Liaison Service (PALS) on 0161 219 9451, or [PALS@manchester.nhs.uk](mailto:PALS@manchester.nhs.uk). You can also find more information about your local NHS at [www.manchester.nhs.uk](http://www.manchester.nhs.uk)

If you need this leaflet in another language, on audio tape or large print, please call: 0161 219 9451