

Winter illness.

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.

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.

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



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

NHS Buckinghamshire, Rapid House, Oxford Road, High Wycombe, HP11 2EE.
Tel: **01494 552200**

If you have any compliments, suggestions, concerns or complaints about the NHS in Buckinghamshire contact our patient experience team. Tel: **0800 328 5640**

NHS

Buckinghamshire

Feeling unwell?

Know your choices. Choose well.

Self-care

NHS Direct 0845 46 47

Pharmacy

GP

Emergency Medical Centre

A&E or 999



Know your choices. Choose well.

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.

Self-care - essential information:

Ensure your medicine cabinet is well stocked with:

- Paracetamol
- Anti-diarrhoeal medicine
- Rehydration mixture
- Indigestion remedy
- Plasters and a thermometer

www.nhs.uk or NHS Direct 0845 46 47

For internet information on all aspects of health and health care, 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.

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

As well as dispensing prescriptions, pharmacists provide a range of services related to specific health issues and can advise on minor ailments such as colds, skin conditions and allergies. Other services include emergency contraception, truss fittings and incontinence supplies.

Pharmacist

To find your local 24 hour pharmacist, visit:

www.buckspct.nhs.uk

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. GPs offer urgent next day appointments, and have an evening & weekend service that includes home visits.

GP

To find a GP visit:

- www.nhs.uk
- Call NHS Direct on 0845 46 47
- GP surgery closed? Tel: 0300 130 3035

Emergency Medical Centre & Minor Injuries Unit (MIU)

The Emergency Medical Centre will treat a wide range of adult medical problems, including chest pain, breathing difficulties and overdoses. Adults or children who have minor injuries, for example suspected fractures or scalds and minor burns, can attend a minor injuries unit.

Your Emergency Medical Centre & MIU

Wycombe Hospital, Queen Alexandra Road, High Wycombe, HP11 2TT. **24 hours 7 days per week**
Tel: **01494 425438** www.buckinghamshirehospitals.nhs.uk

Stoke Mandeville Hospital also has an MIU (contact details below)

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 are badly injured. Dialling 999 and stating a medical emergency will result in a response vehicle being sent to your location.

Your main A&E

Stoke Mandeville Hospital, Mandeville Road, Aylesbury, HP21 8AL. **24 hours 7 days per week**
Tel: **01296 315664** www.buckinghamshirehospitals.nhs.uk

Other A&E

Wexham Park Hospital, Slough. Tel: **01753 634017**
Milton Keynes Hospital, Milton Keynes. Tel: **01908 243600**