

Pharmacist

Your local pharmacist can give you advice on common illnesses such as coughs, colds, aches and pains and the medicines you need to treat them. They can also help you decide whether you need to see a doctor.

You can talk to your pharmacist in confidence, even about the most personal symptoms and you don't need to make an appointment. Most pharmacies now have a quiet consultation area where patients can discuss their health problems in privacy.

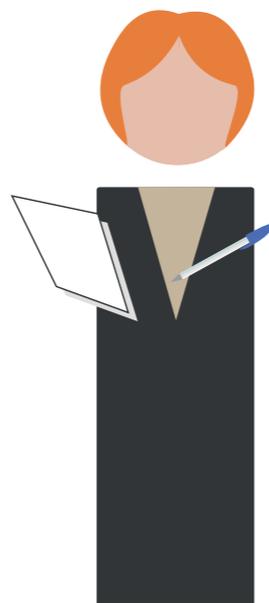
Below are some of the many services available from your local pharmacy:

- Emergency contraception
- Pregnancy testing
- Medicines Use Reviews
- New Medicine Service
- Stop smoking services
- Weight management
- Truss fittings
- Incontinence supplies
- Chlamydia screening and treatment
- Needle exchange and supervised drug administration

Minor ailments include:

- Bugs and viruses
- Minor injuries
- Tummy troubles
- Women's health (eg menopause; menstruation)
- Skin conditions
- Allergies
- Aches and pains
- Children's problems

To find your local pharmacy call the **Single Point of Access line on 01472 256256** or visit **www.nhs.uk**



A&E or 999

You should only attend Accident and Emergency (A&E) with the most serious and life-threatening emergencies and dial **999** if you think you need an ambulance.

Symptoms of serious illness include:

- Life threatening choking
- Chest pain
- Blacking out
- Severe blood loss
- Severe breathing difficulty

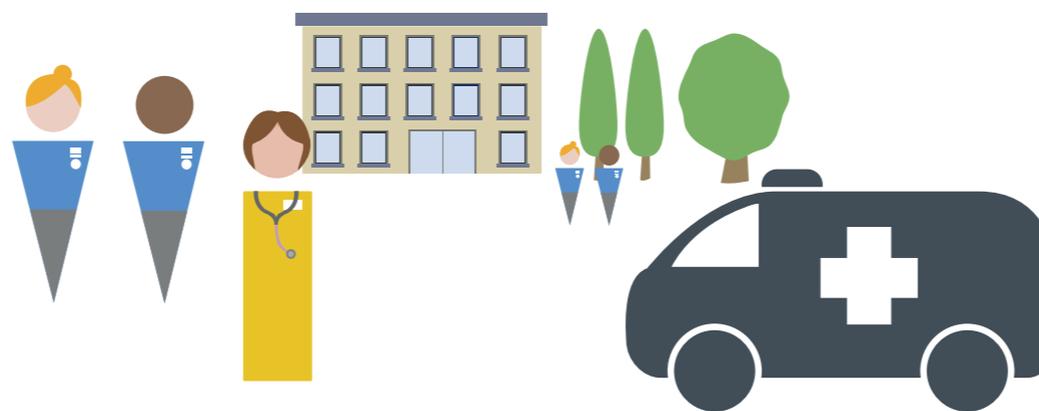
There is an A&E at the Diana, Princess of Wales Hospital, Scartho Road, Grimsby, DN33 2BA

Where to find urgent help out of hours

At night or the weekend

Call **Single Point of Access 01472 256256** anytime if you need health advice or a GP out of hours.

A health professional will give you advice and may send a doctor out to see you, ask you to visit them or make an appointment to attend the GP out of hours centre.



Choose well and stay well

A&E isn't always the best place to go.
You may get faster treatment elsewhere.

If you become ill or injured make sure you
choose the right NHS service.



Self Care

Self-care is the best way to look after yourself and treat minor illnesses and injuries. There are a large range of common illnesses and injuries that can be treated at home simply with over-the-counter medicines and plenty of rest.

You should be prepared for some of the most common ailments by keeping a well stocked medicine cabinet at home. Your local pharmacist can give you advice on what to have.

Some of the essentials are:

Pain relief

Painkillers such as aspirin, paracetamol and ibuprofen are highly effective at relieving most minor aches and pains

Antihistamines

These are useful for dealing with allergies and insect bites. They're also helpful if you have hay fever.

Fluid replacement drinks

Fever, diarrhoea and vomiting make us lose water and essential minerals, and can lead to dehydration. Fluid replacement drinks can help to restore your body's natural balance of minerals and fluid

Indigestion treatment

If you have stomach ache, heartburn or trapped wind

Sunscreen

Keep a lotion of at least factor 15. Even brief exposure to the sun can cause sunburn and increase your risk of skin cancer

First aid

As well as the medicines discussed above, keep a well-prepared first aid kit. This can help to treat minor cuts, sprains and bruises

GPs (Doctors)

If your pharmacist is unable to deal with your condition your GP can help. They provide a range of services by appointment, including medical advice, examinations and prescriptions.

GP surgeries can be found locally across North East Lincolnshire. To find one near to you call the local health advice line on **01472 256256** or visit **www.nhs.uk**.

A GP out of hours service is available from 6.30pm to 8.00am on weekdays and all day at weekends and on bank holidays. For details ring **Single Point of Access** line **01472 256256**.

Local health advice line / Out of hours GPs

In North East Lincolnshire the **Single Point of Access** line offers a confidential information, help and advice service over the telephone 24 hours a day, 365 days a year.

Contact them on **01472 256256** if you are ill and have any questions about your health or if you need to see a GP during the evenings, in the middle of the night or at the weekend. The service can give you advice on the most appropriate place to go for treatment and help you to find relevant health services in your area.

Rapid Response line for health and social care

Rapid Response is a team of nurses, social workers and therapists who respond to a crisis by providing a rapid assessment and treatment to patients in their own homes to help avoid, where possible, admission into hospital.

The team also care for people and support their families during the end stages of life.

Any person in need, their family and friends, or connected professionals can access this service 24 hours a day, 365 days a year by calling **Single Point of Access** on **01472 256256**.

