

Stay Well This Winter

- ✘ Cold weather can be bad for your health
- ✘ That's why the NHS wants you to Stay Well This Winter
- ✘ For free advice on staying healthy, visit nhs.uk/StayWell
- ✘ But if you do fall ill, the NHS can help in lots of ways.

Here's some advice on choosing the right service at the right time...



Self Care

This is the best option for:

- ✘ Coughs, colds & sore throats
- ✘ Upset stomachs
- ✘ General aches & pains
- ✘ Flu.

Visit www.nhs.uk for advice on self care.



Call your local practice:

- ✘ When you feel you need to speak to a doctor or nurse about an illness that isn't life threatening
- ✘ **If the surgery's closed, call NHS 111.** Depending on your symptoms, your NHS 111 advisor might refer you to the GP out-of-hours service.



Think Pharmacy!

Your local community pharmacy can:

- ✗ Provide health advice & medicines for various conditions
- ✗ Discuss your regular medicines & help you manage repeat prescriptions
- ✗ Help you decide what medicines to keep at home to manage common ailments.



Did you know that many pharmacies can offer:

- ✗ Confidential advice on health concerns without an appointment
- ✗ NHS treatment for common conditions like thrush, cystitis, conjunctivitis
- ✗ Emergency hormonal contraception & family planning advice.

NHS 111

- ✗ **Call 111** when you need help fast but it's not an emergency.
- ✗ It's available 24/7 & calls are free.
- ✗ Call if:
 - ✗ You need to go to A&E
 - ✗ You don't know who to call or don't have a GP to call
 - ✗ You need advice on what to do next.



Call 999

- ✗ If someone is seriously ill or injured & their life is at risk
- ✗ Call if someone:
 - ✗ is unconscious
 - ✗ has severe chest pain
 - ✗ has trouble breathing
 - ✗ is bleeding badly.



A&E

Only visit A&E for life-threatening emergencies:

- ✗ Loss of consciousness
- ✗ Severe chest pain
- ✗ Breathing difficulties
- ✗ Heavy bleeding.

Macclesfield District General Hospital's A&E department is open 24/7 every day.



Useful Numbers

Emergency Dental Service:

0161 476 9651 (open daily, 9am – 9.30pm)

(Social care)

information Cheshire East Council line: 0300 123 5010

Finding it Hard to Cope?

Samaritans (Macclesfield & District) 01625 426000

