



Be Self Care **Aware**

Self Care

- Hand washing prevents the spread of germs
- Take regular exercise
- Enjoy a balanced diet
- Avoid excess alcohol

Self care is the best choice to treat minor illnesses and injuries such as;

- Coughs
- Colds
- Sore throats
- Upset stomachs
- Aches and pains
- Minor cuts and burns

Keep a well-stocked medicines cabinet and first aid kit:

- Painkillers (syrup for children)
- Ibuprofen gel
- Indigestion remedies
- Cream or spray to treat insect bites/stings
- A thermometer
- Antihistamine medicine for allergies
- Plasters and dressings

Support available

Did you know you can directly access a number of NHS support services without being referred by your GP?

- The Healthy Minds service is there for you if you are feeling worried, anxious or stressed. Visit www.penninecare.nhs.uk/healthyminds
- Bury Stop Smoking Service offers a range of clinics at various venues, providing support and advice on all aspects of stopping smoking, call 0845 223 9001
- Bury Council offer a Helping Yourself to Wellbeing course which can be accessed by emailing HY2W@bury.gov.uk or calling 0161 253 7922
- One Recovery Bury offers support to recover from substance misuse, providing a range of services, encouragement, support and guidance. Call 0161 253 6488 for more information
- You can find out more about caring for you and your family at www.nhs.uk. There are useful and innovative self care apps at <http://apps.nhs.uk>. You can access urgent health advice by calling 111



Pharmacist

Your local pharmacist can help you with lots of everyday ailments:

- Diarrhoea
- Minor infections
- Headaches
- Bites and stings
- Head lice
- They are an expert on medicines
- Sells the full range of medicines for your cabinet
- No appointment needed
- Can offer blood pressure checks healthy weight and stop smoking advice

Walk In Centre (WIC), Urgent Treatment Centre

- Bury Urgent Treatment Centre (Moorgate Primary Care Centre, Derby Way BL9 0NJ)
- Prestwich Walk In Centre (Fairfax Road, Prestwich M25 1BT)
- No appointment needed

GP Surgery and out of hours services

Make an appointment with your practice if you have:

- Feverish young children
- Unexplained rash in a feverish child
- Persistent vomiting
- Minor illness or injury that is not getting better
- Concerns about the signs and symptoms of cancer
- Urgent appointments each day with a relevant clinician
- Evening and weekend appointments available
- For urgent medical care out of hours call your GP surgery for further instructions

Accident & Emergency (A&E) 999

- Choking
- Chest Pain
- Blackouts
- Serious Blood Loss
- Symptoms of a stroke (eg facial paralysis)
- Symptoms of meningitis (fever, drowsiness, vomiting)

This is only for serious illness and life threatening conditions