

# Choose well.

## For expert help and advice

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 remedy.
- 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.

### Make sure you 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 think you may have swine flu, call the **National Pandemic Flu Service on 0800 1 513 100**. If you want general information about swine flu, call the **swine flu information line on 0800 1 513 513**.

If you need this leaflet in another language, on audio tape or large print, please contact:

Email: [pals@cambridgeshire.nhs.uk](mailto:pals@cambridgeshire.nhs.uk)

Telephone: 01223 725400

NHS Cambridgeshire, Lockton House Clarendon Road, Cambridge CB2 8FH

# Feeling unwell this Winter?

There's a range of NHS services on your doorstep

Self-care

[www.nhs.uk](http://www.nhs.uk)

NHS Direct 0845 46 47

Pharmacy

GP

Minor Injuries Unit

A&E or 999



## 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 or aspirin
- 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](http://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

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.

### Pharmacist - essential information:

To find your local pharmacist, including details of opening hours please visit:

- [www.nhs.uk/servicedirectories](http://www.nhs.uk/servicedirectories) or call NHS Direct on 0845 46 47
- For details on pharmacy services during bank holidays please visit [www.cambridgeshire.nhs.uk](http://www.cambridgeshire.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. When absolutely essential, GPs can also provide home visits out-of-hours.

### GP - essential information:

To find your local GP surgery, visit:

- [www.nhs.uk/servicedirectories](http://www.nhs.uk/servicedirectories) or call NHS Direct on 0845 46 47
- Visit our website [www.cambridgeshirepct.nhs.uk](http://www.cambridgeshirepct.nhs.uk) or contact NHS Cambridgeshire PALS on 0800 279 2535 or 01223 725588

## Minor Injuries Unit

Minor Injuries Units are for minor injuries, such as: cuts and grazes, minor burns and scalds, bites and stings, strains and sprains, and minor eye or ear problems.

- North Cambridgeshire Hospital, The Park, Wisbech PE13 3AB. Tel: 01945 488 068
- Princess Of Wales Hospital, Lynn Road, Ely CB6 1DN. Tel: 01353 656 675
- Doddington Community Hospital, Benwick Road, Doddington PE15 0UG  
Tel: 01354 644 243 / 644241
- St Neots Health Centre, 24 Moores Walk, St Neots PE19 1AG. Tel: 01480 219317

## 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. Dialing 999 and stating a medical emergency will result in a response vehicle being sent to your location.

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

- Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge CB2 0QQ.  
Switchboard: 01223 245 151 [www.cuh.org.uk](http://www.cuh.org.uk)
- Hinchingsbrooke Hospital, Hinchingsbrooke Park, Huntingdon PE29 6NT.  
Tel. 01480 416416 [www.hinchingsbrooke.nhs.uk](http://www.hinchingsbrooke.nhs.uk).