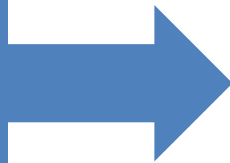


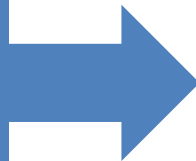


**How to help the
NHS give you the
best care this
winter**

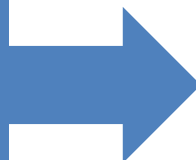
Easy Read



The NHS is there for you when you are injured or unwell and to keep you healthy



There are lots of health and care services, which can be confusing



This booklet will help you find the right one to use



**Sometimes
you may feel
ill or have an
injury**



**You can check
what is wrong
with you on the
internet at
www.nhs.uk**



**You can call NHS
111 for round the
clock medical
information and
advice**



**You can visit
pharmacists for
expert advice and
treatment**



**You can make an
appointment with
your GP**



**If it is outside of
normal opening
hours, you can get
an emergency GP
appointment**

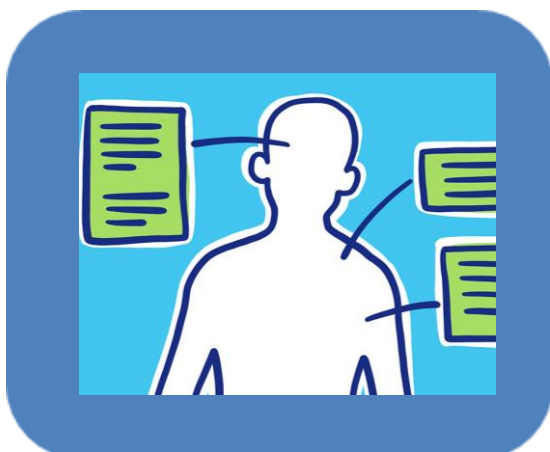
Hospital Accident and Emergency departments are for life saving or critical situations - there are a number of services for less severe problems



You can call NHS 111 for round the clock medical information and advice

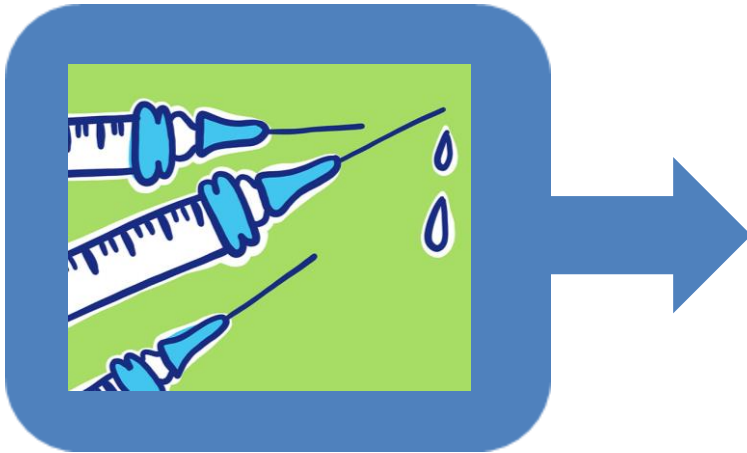


You can visit your urgent treatment centre, minor injuries unit or walk-in centre



Support services are available for mental or sexual health problems

There are some easy things you can do to avoid getting ill or having to seek treatment



You can stop yourself getting ill by getting your flu jab



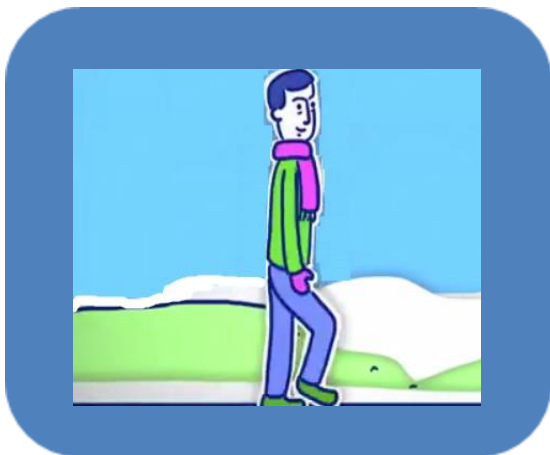
If you eat well you reduce the chance of getting ill



You can stock up your medicine cabinet with essentials



**Make sure
you have a
first aid kit at
home**



**You can make
sure you stay
active to help
stay well**



**Sign up for GP
online services
for repeat
prescriptions
and to book
appointments**

#HELPMYA&E
TO SAVE LIVES



#HELPMYGP
TO GIVE THE BEST CARE



#HELPMY NHS