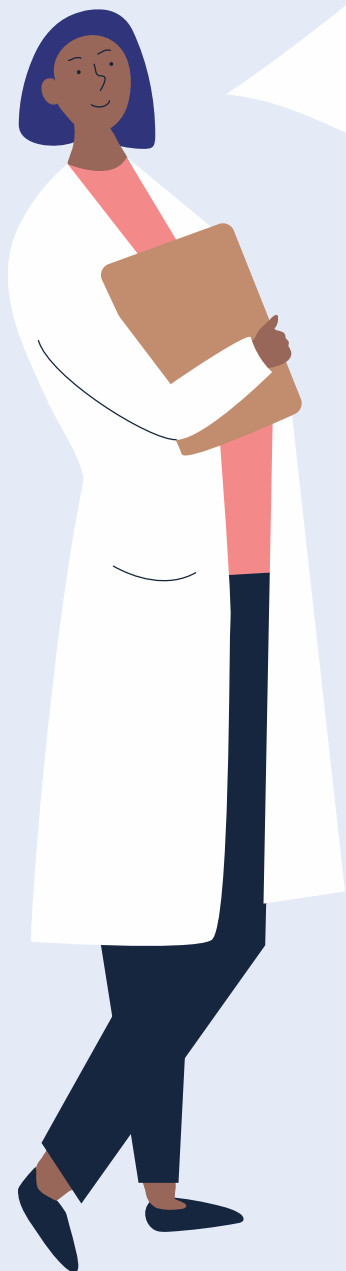


What is Self Care?



If you have a minor illness, please think about the healthcare options that are available to you.

One in seven emergency admissions are preventable, and one in five GP appointments are for minor conditions that could be treated through Self Care, or through other health services.

Self Care is about keeping fit and healthy, understanding when you can look after yourself, when a pharmacist can help, and when to get advice from your GP or another health professional.

Take care of minor illnesses at home, and seek help early from your local pharmacist or NHS 111 to prevent them from developing into something serious.

This will help to reduce the demand for GP appointments and enable healthcare professionals to focus on caring for higher risk patients, such as the very young and elderly.



Self Care is recommended when you have a minor condition which doesn't normally need medical care (from a doctor or nurse) or any treatment in order to get better.

Local pharmacies provide vital NHS services, and pharmacists train for five years in the use of medicines before they qualify as health professionals. **Speak to your pharmacist** to get health advice and medicines for a range of minor illnesses. They will be able to signpost you to alternative healthcare services if they can't help, or think your condition should be escalated.

But if you have an urgent problem or persistent health concerns, please contact your GP in the normal way. GPs, nurses and the wider primary care family are here for you.



What are minor illnesses?

- Hayfever
- Cold and flu
- Sore throat
- Headache
- Earache
- Aches and pains
- Cuts and bruises
- Insect bites
- Tummy troubles
- Skin irritation
- Rash
- Eye irritation
- Teething in babies

Self Care for your mental health

If you are aged over 18 and you feel worried, anxious or depressed you can contact your local wellbeing service.

Our local wellbeing services provide a range of free and confidential talking therapies and specialist support to help you to feel better:

www.wellbeingands.co.uk/

Online NHS services offer sensible advice on a range of health issues and are a useful place to turn for initial guidance. Visit: **www.nhs.uk**