

Self-care



Self-care is the best choice to treat very minor illnesses, ailments and injuries. A range of common illnesses and complaints, such as coughs, colds, sore throats, upset stomachs and aches and pains can be treated with a well stocked medicine cabinet and plenty of rest.

Some self-care essentials

- Paracetamol
- Anti-diarrhoeal medicines
- Re-hydration mixtures
- Indigestion remedies
- A thermometer

NHS111 or www.nhs.uk



NHS 111 is a free service, available seven days a week, 24 hours a day. It offers help and advice for when it's not a 999 emergency, but you need help and advice fast. When you dial **111** you will be directed to the best local service for you, to ensure you get fast and effective treatment.

www.nhs.uk is a dedicated website where you can find up-to-date and expert advice on a range of illnesses and complaints, as well as find your nearest NHS services, such as GPs, dentists, pharmacists, walk-in centres and so on.

Your Local Pharmacy



Your local high street **pharmacy** can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment or go to A&E.

More information

To find your nearest local pharmacy, look in your local phone directory, go to **www.nhs.uk**, or text 'pharmacy' to 64746 to receive three free texts with details of your nearest pharmacies.

GP or Dentist



If you have an illness or injury that won't go away, make an appointment with your **GP**. They provide a range of services by appointment and when absolutely essential can make home visits. If you need to see a GP outside of the surgery's normal opening hours - please dial **111**.

If you need to see a **dentist** outside of normal dental surgery hours or are not currently registered with a dentist, please contact the Dental Access Service on **01253 306 378**.

Same Day Health Centre NHS Walk-in Centre



Same Day Health Centre (appointment needed)

Fleetwood Health and Wellbeing Centre
Dock Street, Fleetwood, FY7 6HP
Opening times: 8am – 10pm, seven days a week
Telephone: **0300 123 1144**

GP Led Walk-in Centre (no appointment needed)

Whitegate Health Centre
Whitegate Drive, Blackpool, FY3 9ES
Opening times: 8am – 8pm, seven days a week
Telephone: **01253 953 953**

A&E, Emergency or 999 Service



A&E, emergency or the 999 ambulance service should only be used in a critical or life-threatening situation. Dialling **999** and stating an emergency situation will result in a response vehicle being sent to your location.

More information

To find your nearest A&E department, go to NHS Choices **www.nhs.uk**