

This winter, we all need to stay well. Finding the right advice or service early can help.

If you feel like you're getting a cough or cold, your local NHS is there to help, with immediate advice or a range of convenient local services before it gets more serious.

**STAY WELL
THIS WINTER**

Download our new 'NHS NOW' app today to access advice and local services in our local area

Step 1

Go to the Apple app store or Google Play on your smartphone

Step 2

Search for 'NHS Now'

Step 3

In the Apple App Store tap 'Get' or on Google Play tap 'Install'



Healthcare access in YOUR hands

Stay Well This Winter with **NHS Now**



If you're not sure which NHS service you need, use NHS Now to call 111. An adviser will ask you questions to assess your symptoms and then give you the advice you need, or direct you straightaway to the best service for you in your area.



Pharmacists are expert in many aspects of healthcare and can offer advice on a wide range of long-term conditions and common illnesses such as coughs, colds and stomach upsets. You don't need an appointment and many have private consultation areas, so they are a good first port of call. Your pharmacist will say if you need further medical attention.



See your family doctor. GPs assess, treat and manage a whole range of health problems. They also provide health education, give vaccinations and carry out simple surgical procedures. Your GP will arrange a referral to a hospital specialist should you need it.



Visit an urgent care centre if you have a minor illness or injury and it can't wait until your GP surgery is open. These urgent care services are often managed by nurses and some also have doctors. You don't need an appointment and they are open outside office hours.



A&E departments provide vital care for life-threatening emergencies, such as loss of consciousness, suspected heart attacks, breathing difficulties, or severe bleeding that cannot be stopped. If you're not sure it's an emergency, call 111 for advice.

With NHS Now, you can access all the necessary selfcare advice or choose and find your nearest, most appropriate and most convenient local health service from all the choices in the list above - including finding out which are currently open to you at any time of the day or night.

You get live opening times and directions to the service.

You can even use the App to fire up directions in your device's Maps App if you're not sure how to get there.



For more information email:

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or visit www.eastleicestershireandrutlandccg.nhs.uk/NHS-Now