

## 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](http://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**