

Where to go for care?

Choosing the right care first time means that you and your family will get the best treatment available and allows busy NHS services to provide treatment and care in the most appropriate settings.

Overleaf you will see a quick guide on what services to use when you are experiencing a number of symptoms.

Be prepared

To best prepare for minor illnesses or injuries, make sure you have a medicines cabinet stocked with all those medications you are likely to need:

- Painkillers
- Antihistamines
- Rehydration tablets
- Anti-diarrhoea tablets
- Antacid
- Sunscreen
- Bandages
- Plasters
- Antiseptic
- Eyewash solution
- Sterile dressing
- Medical tape

For more on what you should keep in your medicines cabinet, visit www.nhs.uk

Make sure you get your flu jab

Children aged 2 or 3, pregnant women, people with long-term health conditions and those aged 65 or older should get their free flu vaccine



HELP US
HELP YOU
STAY WELL THIS WINTER

Richard Pile, GP

Think you need medical help right now?

Call NHS 111



Mental health services

You can call Samaritans 24-hours a day:
(01268) 412000 (local branch)
08457 909090 (UK)

To find out more about talking therapies for depression and anxiety:

Basildon, Billericay, Brentwood and Wickford residents can call 01268 739128 between 8.30am and 6pm Monday to Friday

Palliative and end of life care

These patients can contact OneResponse at any time, day or night, for support and advice, as can their family members and carers. Call 01268 526259

Remember: if it is serious or life-threatening, don't hesitate to call 999

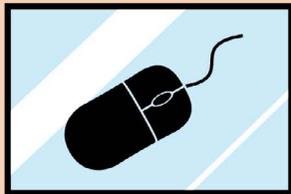
NHS

Do you know what to do when it's not an emergency



NHS

Basildon and Brentwood
Clinical Commissioning Group



Health A-Z guide
Live Well
Care and support
Health news
Services near you

Online at
www.nhs.uk



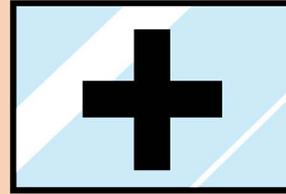
Cuts/injuries
Strains
Sprains
Sports injuries

Orsett
Minor
Injuries
Unit



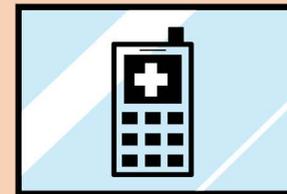
Ear pain
Stomach ache
Flu vaccine
Asthma/COPD
Long term
conditions

GP
Surgery



Diarrhoea
Colds/cough/flu
Headache
Stop smoking
Sexual health
Alcohol support
Aches/pains/
itches

Pharmacy



Think you need
medical help
right now?

Call
NHS 111



Hangover
Grazes
Sore throat
Cough
Cold and flu
Diarrhoea

Self Care

Choose the NHS website for trusted information on symptoms and treatments, including what to do and when to get help.

Use the website to find the NHS service you need and book appointments online.

The Minor Injuries Unit is open 10am to 7.30pm, 7 days a week except Christmas Day and Boxing Day.

Orsett MIU
Orsett Hospital
Rowley Road
Orsett
RM16 3EU
0300 300 1527

Your surgery will have GPs and nurses who can see you for a number of conditions and illnesses.

Outside normal surgery times, you can also see a GP at the out-of-hours service. Call **NHS 111** to access.

Find your local GP or pharmacist here:
www.nhs.uk/service-search

Pharmacists can suggest medicines and offer advice on common illnesses without the need for an appointment.

Many pharmacies are open for longer during the week and also at the weekend.

NHS 111 - Help us help you get the right medical attention urgently. Fully trained advisors are available 24 hours a day and can put you through to healthcare professionals.

Many common minor injuries and illnesses can be treated at home by **self care**.

If you need further support with your condition, you can visit your pharmacist, or visit www.nhs.uk

If you are worried and think your situation is life threatening or an emergency, don't hesitate to call 999.