



**Hangover.  
Grazed knee.  
Sore throat.  
Cough.**

### Self-care

A lot of illnesses or symptoms, such as coughs, colds, sore throats, upset stomachs and aches and pains can be treated in your home by using a well-stocked medicine cabinet. Also, have plenty of (non-alcoholic) drinks and get plenty of rest.

#### Some self-care essentials:

Stock your medicine cabinet with:

- paracetamol
- aspirin
- ibuprofen
- anti-diarrhoea medicine
- re-hydration mixtures
- indigestion remedies
- plasters
- a thermometer.

For further information visit [NHS Choices www.nhs.uk](http://NHS Choices www.nhs.uk).



**Unsure?  
Confused?  
Need help?**

### NHS 111

NHS 111 is a free to call service which will help when you need to access medical or dental care fast but it is not an emergency.

NHS 111 is available 24 hours a day, 7 days a week to help you access local urgent health care services. Call **111** free from a landline or mobile.

To access NHS 111 via textphone call 18001 111.



**Diarrhoea.  
Heartburn.  
Painful cough.  
Headache.**

### Pharmacist (Chemist)

Your local pharmacist is a highly trained healthcare professional, and can give you advice on common illnesses and the medicines you need to treat them.

Barnsley has a 'Pharmacy First' scheme which means that you can get advice and/or medicines for common less serious illnesses from a local pharmacy, without having to make an appointment with your GP.

If you don't normally pay NHS prescription charges, then any medicine supplied under the Pharmacy First scheme will be free. If you do pay for your prescriptions, then the cost of the medicine should be much less than the current prescription charge.



**Unwell.  
Vomiting.  
Ear pain.  
Back ache.**

### GP (Doctor)

If you have an illness or injury that won't go away, make an appointment with your GP.

To find your local GP surgery opening times visit [NHS Choices www.nhs.uk](http://NHS Choices www.nhs.uk)

Make a note of your GP's number and opening times below. Also put it in your mobile phone.

**If you need a GP urgently overnight or at the weekend just ring your GP's normal number.**



**Choking.  
Chest pain.  
Severe bleeding.  
Blacking out.**

### A&E or 999

Accident and Emergency departments and the 999 ambulance service should only be used in a serious or life-threatening situation.

A&E provides emergency treatment for people who show symptoms of serious illness or are badly injured.

**Emergency services should only be used in very serious or life-threatening situations.**