

FREE

Well

Weekend SURVIVAL GUIDE!



111 Calls are **FREE** from landlines & mobile phones.

when it's less urgent than 999

Use your Pharmacy 

Sick of Winter?



WHICH SERVICE IS BEST FOR ME?



Keep warm & safe this winter.



ARE YOU BUGGING A&E?



Staff at the Northern General Hospital's and Sheffield Children's Hospital's Accident & Emergency departments treat many people with emergency and life-threatening conditions every day. They see people for example who have car accidents and those who need urgent care due to chest pains and blacking out. Really, they never stop working.

At this time of year they see more broken hips and legs from people falling on the ice, and also long-term illnesses are often made worse by the cold weather.

Most people don't go to A&E unless they need to, but some people attend with minor things like a cough, cold, or stomach bug, by doing so those people put others' lives at risk. That's why we

all have a responsibility to help make sure we don't bug A&E. If we all use the service sensibly, it will be more effective for you, your friends and loved ones – when emergency care is really needed.



DID YOU KNOW?

1 in 4 people who attend A&E at the Northern General Hospital don't actually need emergency care and could have gone somewhere else.

Weekend SURVIVAL GUIDE!



Sometimes urgent problems occur that can't wait until your own GP is available.



At the weekend (or overnight), did you know there is a GP out-of-hours service ready to help?

You should use this service if you urgently need medical help or advice but it's not a life-threatening situation.

Call 111

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. To access NHS 111 via textphone call 18001 111.

SICK OF WINTER?

Did you know that Norovirus is the most common stomach bug in the UK?

Between 600,000 and 1 million people in the UK catch norovirus every year.

Vomiting, diarrhoea, headaches, aching limbs and a raised temperature - an unpleasant experience, but there is no specific cure – nothing your doctor can do.

If you catch Norovirus, your best bet is to:

- Drink plenty of water to avoid dehydration.
- Take paracetamol for any fever or aches and pains.
- If you feel like eating, eat foods that are easy to digest.
- Stay at home and don't go to the doctor, because norovirus is contagious and there is nothing the doctor can do while you have it.

Even better - to help stop the virus spreading – wash your hands frequently; avoid sharing towels and eating raw, unwashed produce and disinfect or wash surfaces,

clothes, objects and bedding that might have been contaminated.

Sheffield Teaching Hospitals NHS Foundation Trust has issued a plea to visitors to help in the fight against norovirus. Please do not visit the hospital if you have:

- had vomiting and/or diarrhoea within the last 72 hours;
- coughs, colds or flu-like symptoms;
- had contact with anyone with any of the above.

If you have had any of the above symptoms and visit loved ones in hospital there is a significant risk

that you will pass this on to vulnerable sick patients in hospital beds. If you are well and are visiting please wash your hands with soap and water and don't eat or drink on the wards.



Sheffield Teaching Hospitals **NHS**
NHS Foundation Trust

Not feeling well? Please don't visit!

If you are ill or have been ill within the last 72 hours with coughs, colds, feeling sick or having diarrhoea the chances of you passing on bugs to patients when you visit friends or relatives in hospital is very high.



Please help us to keep patients safe by not visiting if you are ill.

Are you Flu Safe?

People aged 65 or over, pregnant women, and those with health conditions such as severe asthma, chest or heart complaints and diabetes – be 'flu safe' and get your flu jab, available for free at your GP Practice.

Dr Richard Oliver, Joint Clinical Director at NHS Sheffield Clinical Commissioning Group (CCG) said: "For most healthy people not in at risk groups, flu remains a mild illness and generally you will recover in a few days after getting lots of rest, drinking plenty of water and using over-the-counter remedies such as paracetamol.

But if you're in one of the groups above and haven't yet had the flu jab then please contact your GP – it can be a really serious illness for some."

You can find out more information about flu on the NHS Choices website: www.nhs.uk



Do you need to pop that pill?

- People in Sheffield take over 385,000 antibiotics per year. But the more we take the less effective they may be as we build up our resistance to them.
- It is important that antibiotics are taken only when needed. Antibiotics do not work for illnesses such as coughs, cold and sore throats as they are caused by viruses. The best advice for these symptoms is to rest and take plenty of fluids. You can also visit the pharmacist who can offer advice about medications which can help ease your symptoms.

Make the most of the pharmacy

- Did you know that if you feel unwell you can visit your pharmacy and they will be able to give you advice and/or medicines for common less serious illnesses without having to make an appointment with a GP? It is part of the minor ailment scheme provided by Sheffield Pharmacies for people who do not pay for prescriptions.
- More details can be found at: www.sheffieldccg.nhs.uk

Don't wait for a doctor's appointment – go straight to your pharmacy!

KEEP WARM AND SAFE THIS WINTER!

Staying warm is one of the best ways of keeping well throughout winter as it can help prevent many minor and serious health conditions including pneumonia, heart attacks and depression.

Here are some tips to keep yourself and your family safe and warm during the extremely cold weather.

- Maintain the temperature of your living room between 18-21°C (65-70°F), and the rest of your house at least 16°C (61°F).
- You may be able to claim cold weather payments and winter fuel payments of up to £300 if you were born on or before July 5 1951.
- Wrap up in layers of clothing to stay warm, inside and out. Don't feel the need to stop at one piece of thick clothing, the more the better! And if it's possible, stay indoors during a cold period.
- Older people and those with serious illnesses need checking on daily whether they are neighbours or relatives and either through a phone call or dropping by.

- Eating regularly helps keep energy levels up, so try having hot drinks regularly and eat at least one hot meal per day.

- To lower the risk of slipping on icy paths, you should wear boots or shoes with a good grip.

- For those who travel by car, The Met Office has advised scattering either cat litter or grit on paths and driveways, and to wait until grit has set on the main roads.





BE PREPARED!

- not just a motto for the Scouts!

When you are feeling under the weather the last thing you want to do is go out so make sure you are prepared for winter.

This is what Sheffield GPs recommend you have in your medicine cabinet:

Pain relief - Painkillers such as aspirin, paracetamol and ibuprofen are highly effective at relieving most minor aches and pains such as headaches, high temperatures and reducing the inflammation in arthritis and sprains. Aspirin must not be given to children under 16.

Antihistamines - These are useful for dealing with allergies and insect bites. They're also helpful if you have hay fever.

Oral rehydration salts - Fever, diarrhoea and vomiting make us lose water and essential minerals, and can lead to dehydration. Rehydration salts are an easy way to take in minerals and fluid, and help your recovery.

Anti-diarrhoea tablets - Diarrhoea is caused by a range of things, such as food poisoning or a stomach virus, and can happen

without warning. Don't give anti-diarrhoeal to children under 12 because they may have undesirable side effects.

Indigestion treatment - If you have stomach ache, heartburn or trapped wind, a simple antacid will reduce stomach acidity and bring relief.

First aid - As well as the medicines discussed above, keep a well-prepared first aid kit. This can help to treat minor cuts, sprains and bruises, and it can reduce the risk of cuts becoming infected. It should contain the following items:

- Bandages
- Plasters
- Thermometer
- Antiseptic
- Eyewash solution
- Sterile dressings
- Medical tape
- Tweezers: for taking out splinters.



Do your bit with the grit!

As the winter season approaches Sheffield City Council's Streets Ahead team have extended their snow warden scheme and recruited over 500 volunteers who will help in their communities to do their bit for their communities this winter. There are over 2000 grit bins across the city and the team are encouraging all residents to use them to help keep pavements clear.

Cllr Jack Scott, said: "Our Streets Ahead team will be out this winter gritting and keeping the main roads as clear as possible and keeping Sheffield moving, but we are also encouraging all residents to do their bit for their communities." For tips and further information about how to prepare for winter visit www.sheffield.gov.uk/winter



Follow us on Twitter for winter updates on @sccstreetsahead



Hangover. Grazed knee. Sore throat. Cough.

Self-care

A lot of illnesses or symptoms, such as coughs, colds, sore throats and upset stomachs and aches and pains can be treated in your home by using a well-stocked medicine cabinet and by getting plenty of rest.

Some self-care essentials:

Stock your medicine cabinet with: paracetamol, aspirin, ibuprofen, anti-diarrhoea medicine, re-hydration mixtures, indigestion remedies, plasters and a thermometer.

For further information visit NHS Choices www.nhs.uk.



Unsure? Confused? Need help?

NHS 111

NHS 111 is a free to call service which will help you when you need to access medical and dental help fast but it is not an emergency. It 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 the NHS 111 service via textphone call 18001 111.



Diarrhoea. Runny nose. 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.

Most now have a quiet area where you can speak to the pharmacist more privately and many are open during the evenings and weekends.

To find your nearest pharmacy visit NHS Choices www.nhs.uk/service-search or call 111.



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.

They provide a range of services by appointment, including medical advice, examinations and prescriptions.

For urgent GP out-of-hours just ring your GP's normal number.

To find your local GP surgery opening times and out-of-hours service go to NHS Choices www.nhs.uk.



If you cannot get to see your GP and it's not getting any better

NHS Walk-in Services

Walk-in services treat minor illnesses and injuries that do not need a visit to A&E.

Sheffield's walk-in services are open 365 days a year. You do not need an appointment and will be seen by an experienced nurse or doctor.

Sheffield NHS Walk-in Centre (adults and children) for minor illnesses and ailments. Broad Lane, Sheffield S1 3PB Open 8am - 10pm.

Sheffield NHS Minor Injuries Unit (adults over 16 only) for less serious injuries, such as sprains, cuts and grazes. Royal Hallamshire Hospital, Glossop Road, Sheffield S10 2JF. Open 8am-8pm.



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 immediate emergency care for people who show the symptoms of serious illness or are badly injured. If you telephone 999 the telephone advisor may send a response vehicle to your location.

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

In Sheffield there is an **A&E for adults only (age 16+)** at the Northern General Hospital and a separate **A&E for children (under 16 years)** at Sheffield Children's Hospital, Western Bank, Sheffield S10 2TH.

