

# Staying well all year

This leaflet will give you advice on how to stay well all year, as well as help you decide if you need medical attention if you get sick. It explains what each NHS service does and when it should be used.

## Common illnesses

**Colds** – to ease the symptoms of a cold, drink plenty of fluids and try to rest. Steam inhalation and vapour rubs can also help. Prevent colds from spreading by washing your hands thoroughly, cleaning surfaces regularly and always sneeze and cough into tissues, throwing them away after use.

**Sore throats** – a sore throat is almost always caused by a viral infection, such as a cold. Try not to eat or drink anything that's too hot, as this could further irritate your throat; cool or warm drinks and soft foods should go down easier.

**Asthma** – a range of weather-related triggers can set off asthma symptoms, including cold air. Covering your nose and mouth with a warm scarf when you're out can help.

**Norovirus** – this is also known as the winter vomiting bug, although it can cause diarrhoea too. The main thing to do to is drink plenty of water to avoid dehydration. You can also take paracetamol for any aches, pains or fever.

**Flu** – if you're 65 or over, have a long-term health condition such as diabetes or kidney disease, flu can be life-threatening, so it's important to seek help early. However, if you're generally fit and healthy, the best treatment is to rest, stay warm and drink plenty of water.

# Useful information for keeping safe and well

**Emergency Dental Care:** if you need emergency dental care and are a regular patient of a practice please ring your dental surgery. If it is closed an answer phone message will give you clear instructions on where and when emergency treatment is available. If you do not have a regular dentist and need emergency care you should contact Doncaster Dental Access Service by ringing **111**.

**Children:** All children get colds, it's just a normal part of growing up and medicine can't prevent this. The best way to look after your child is to make sure they have plenty to drink and if they have a temperature, children's paracetamol will help.

Most doctors will not recommend cough medicines and antibiotics won't help a cold. Ask your pharmacist for further advice.

**Keep stocked up:** be prepared with essential medicines and supplies in case you get ill. If you take prescription medicine, make sure to get repeat orders before the weekend or any public holidays.

**Adult social care:** if you need help or advice about adult social care, including home care, residential care, or if you are struggling to care for someone at home please contact the Adult Contact Team (ACT) on 01302 737391. ACT is available Monday to Friday from 8.30am to 5.00pm.

Doncaster also has an Emergency Social Services Duty Team, which provides an out-of-hours service in all situations where crisis has occurred involving: children, families, disabilities, mental health and the vulnerable and elderly. Contact 01302 796000.related calls.

Useful numbers at a glance:

**Doncaster Same Day Health Centre: 0300 123 3103**

**GP out-of-hours service: 0300 123 9990**

# STAY WELL ALL YEAR



**Your guide**  
to choosing the right  
NHS service in Doncaster if  
you become ill or injured.



Hangover.  
Grazed knee.  
Sore throat.  
Cough.

### Self care

A lot of illnesses and symptoms can be treated in your home by making use of a well stocked medicine cabinet and by getting plenty of rest.

**Keep stocked up:** be prepared with essential medicines and supplies in case you get ill. Useful items include: aspirin, paracetamol, anti-diarrhoeal medicine, cough medicine, plasters, thermometer and antiseptic cream.

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



Unwell?  
Unsure?  
Confused?  
Need help?

### NHS 111

You should call the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation. Access this service by simply ringing 111.

The service is available 24 hours a day, seven days a week to help you access local urgent health services.

To access the NHS 111 service text-phone, call 18001 111.



Diarrhoea.  
Runny nose.  
Painful cough.  
Headache.

### Pharmacist

Pharmacies can be found locally across Doncaster. Your local pharmacist is a highly trained healthcare professional who can give you advice on common illnesses and the medicines you need to treat them.

Most pharmacies also have a quiet area for consultation if you need to speak to the pharmacist in private.



Vomiting.  
Earache.  
Stomach ache.  
Backache.

### GP (family doctor)

GP surgeries can be found locally across Doncaster and are usually open from 8am to 6pm. Telephone to make an appointment.

**An out-of-hours service operates when your surgery is closed. Ring 0300 123 9990.**

Alternatively ring the **Doncaster Same Day Health Centre** for treatment of minor illness and injury by appointment only. Based at Cavendish Court, South Parade, Doncaster DN1 2DJ Ring 0300 123 3103.

**Open every day of the year. 8am to 8pm. All appointments are seen within 24 hours of booking.**



Cuts.  
Sprains.  
Strains.  
Rashes.

### Minor Injuries

Minor injuries units can assess and treat: minor burns, scalds, infected wounds, sprains, cuts, grazes and possible broken bones.

**Montagu Hospital, Mexborough, Minor Injuries Unit:** Adwick Road, Mexborough, S64 0AZ. Open 9am to 9pm every day (except Christmas). 01709 585171.

**Goole and District Minor Injuries Unit:** Woodlands Avenue, Goole, DN14 6RX. Open 24 hours a day. 01405 720720.

**The New Selby Memorial Hospital Minor Injuries Unit:** Doncaster Road, Selby, YO8 9BX. Open 7.30am to 9pm every day. 01904 724305.



Choking.  
Chest pain.  
Severe bleeding.  
Blacking out.

### A&E or 999

Hospital emergency departments and 999 calls provide immediate and urgent care for people who show symptoms of serious illness or are badly injured.

Only use this service in the case of an emergency.

Accident and Emergency at Doncaster Royal Infirmary, Thorne Road, Doncaster, DN2 5LT.

**Or call 999.**