

PRESS RELEASE

Tuesday 17 December 2013

Stop and think this Christmas – Is A&E for me?

NHS Redditch and Bromsgrove Clinical Commissioning Group (CCG) are encouraging members of the public to choose their health services wisely over the Christmas and New Year period.

There are lots of services available to help with a variety of illnesses and injuries including pharmacies, GP practices, and NHS 111.

With the many services that are available, it can be confusing to decide where the best place is to be treated. Below are some examples of conditions that you might experience at Christmas and where to go for advice and treatment.

- 1. Cold & flu: Self-care at home.** If you're feeling a little run down after too many late nights, you may be more susceptible to a cold. Take pain-relieving paracetamol, stay well hydrated and rest. NHS Choices offer information and advice, including a symptom checker at www.nhs.uk.
- 2. An itchy rash on your skin: Pharmacy.** Allergic reaction to that new aftershave you got for Christmas? Pharmacists will be able to assess a rash and provide you with medication to help alleviate your symptoms. To find your nearest pharmacist, visit www.isaandeforme.com.
- 3. Stomach ache: GP.** Over-indulgence and eating lots of rich food over the festive period may lead to indigestion. Your pharmacist will be able to provide indigestion remedies, but if your stomach ache persists, your GP will be able to advise you of the best course of investigation and treatment.
- 4. Minor cuts or burns: Minor Injury Unit.** Be extra careful using a very sharp knife to carve your Christmas turkey, but if you do cut yourself and it is fairly deep and bleeding, visit your minor injury unit where they will be able to advise and treat you if necessary. To find your nearest minor injury unit, visit www.isaandeforme.com.
- 5. Need help or advice and not a 999 emergency: NHS 111.** If you are injured or unwell but not sure what to do, dialing 111 is a good start. NHS 111 is a service that's been introduced to make it easier for you to access local NHS healthcare services. Its open 24 hours a day, every day of the year. It is also the number to call to get access to the local GP out of hours service.

Dr Jonathan Wells, Chair and Clinical Lead of NHS Redditch and Bromsgrove CCG, said: "People should make good use of their local pharmacy, many of which will be open over Christmas when other services may be closed. We're urging the public to choose the right NHS service this winter, and pharmacies are the best place to get the right advice and treatment for coughs, colds and flu, along with many other illnesses.

"Another useful service to remember is NHS 111, which offers health advice and information 24 hours a day, 7 days a week.

"We're also reminding people to make sure they have all the medication they need for the Christmas period and have ordered their prescriptions in time to cover the holidays. Information about Pharmacy opening times over the festive period are available on our website."

More information about services that are available to you can be found at www.isaandeforme.com.

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- For more information about NHS Redditch and Bromsgrove Clinical Commissioning Group please visit www.redditchandbromsgroveccg.nhs.uk
- NHS Redditch and Bromsgrove CCG represents 22 GP practices and serves a patient population of 170,000 patients.
- Find out all the latest news by 'liking' our page on Facebook www.facebook.com/redditchandbromsgroveccg
- Follow Dr Jonathan Wells, Chair and Clinical Lead for RBCCG on Twitter @RBCCG_Chair

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