



# Your Guide to Health Services While Away From Home

**NHS**



## BE PREPARED

Treat aches and pains, coughs and colds at home

Stock up your medicine cabinet including pain killers, antihistamines, anti-diarrhoea and indigestion medicine.

Order repeat prescriptions in plenty of time

Keep all medication, plasters, bandages and thermometers away from children



## PHARMACY

Pharmacies offer health advice and treatment for allergies, constipation, cold and flu symptoms, earache, fever, thrust and healthy lifestyles.

A visit to the pharmacy could save you a trip to the GP.

If you forget your medication while away from home call your usual registered GP surgery during opening hours and they can arrange for a prescription to be sent electronically to a pharmacy local to where you are staying.



## CALL NHS 111

Need health advice?

Unsure which health service you need?

Visit NHS 111 online or call NHS 111 – both are available 24 hours, seven days a week. Calls are free from mobiles and landlines.

Typetalk number is 18001



## MINOR ILLNESS OR INJURIES

For treatment of burns, cuts, wounds or infections contact NHS 111 for the nearest Urgent Treatment Centre where an appointment can be made for you if necessary or they can provide you with advice and guidance by phone or video consultation.



## GP

If you take ill while away from home contact your registered practice in the first instance where you can be offered a telephone or video consultation.

If your practice or NHS 111 say it is necessary to be seen at a GP Practice you can register for up to 14 days while away from home or work.

Your temporary GP will pass any details of treatment you have to your own GP.

If you are staying for a longer period of time you should still ring your usual registered practice in the first instance and receive telephone or video consultation as a first step.

