



Easy
Read



Shropshire, Telford
and Wrekin

How to find the health service you need



Shropshire, Telford
and Wrekin

This is information from the NHS in
Shropshire, Telford and Wrekin.



This information is to help you to find
the health service that you need.



Our local health and care
professionals are ready to help you at
the right time and place.



Think about self-care to keep yourself healthy in winter

Self-care means how you look after yourself. You can take care of yourself by:

- Getting the COVID-19, flu and RSV vaccines if you can.



Vaccines are injections or jabs that help to stop you from being ill with a certain illness.

RSV (Respiratory Syncytial Virus) is a virus that causes cold-like symptoms but can be more serious for babies, older adults, or people who are unwell.



- Staying active and spending time outdoors.



- Having a healthy diet.

Ways you can take care of yourself also include:



- Staying warm, and heating your home.



- Talking to your local council if you are worried about:
 - Money.
 - Paying for bills.
 - Buying food.



- Checking in with people who are older or unwell, neighbours, friends or family.



- Keeping your medicine cabinet full.



Think about pharmacists for advice and medicine



A **pharmacist** is a health professional who gives people the right medicines and says how to use them safely.



Every **pharmacy** in Shropshire, Telford and Wrekin has a private room.

They can now help you and give you medicine for some illnesses, without you having to see a doctor first.

The **pharmacy** is where pharmacists work.

Pharmacists can now help if you have:



- **Sinusitis** - this is when the space by your nose gets swollen and causes a blocked nose, pain, or pressure.



- A dry, scratchy or sore throat.



Pharmacists can also now help with:

- Earache in children.



- Infected insect bites.



- Impetigo.

Impetigo is a skin infection that causes red sores or blisters, often around the nose and mouth.



- **Shingles.**

Shingles is a painful rash caused by the same virus that causes chickenpox, often showing up as blisters on one side of the body.



- **Urinary tract infections** in women aged between 16 and 64 years old.

A urinary tract infection (UTI) is an infection in the parts of the body that help you wee. It can make you feel pain when you wee or need to go to the toilet a lot.



Think NHS 111 if you are not sure what to do



Visit this website:

111.nhs.uk

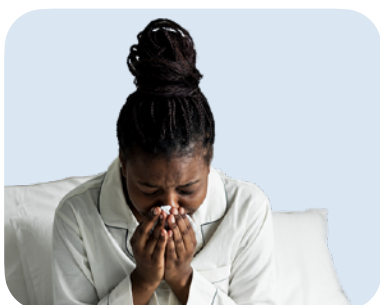


Or call: 111

For information about:



- Getting quick advice at any time.



- A medical problem that is not an emergency.

Also think NHS 111 for information about:



- An emergency face-to-face appointment.



- Help with repeat prescriptions or emergency medicines.



- Emergency dental support.



- Emergency mental health support.



Think about Minor Injury Units before going to A&E

A **Minor Injury Unit (MIU)** is a hospital service that treats:



- **Sprains and strains.**

A **sprain** is when you hurt the body part that connects bones, like when you twist your ankle.

A **strain** is when you hurt a muscle or tendon (the part that connects muscles to bones).



- Small breaks in your bones.



- Cuts that need stitches.

A Minor Injury Unit (MIU) also treats:



- Burns and scalds.



- Small head injuries.



Think about going to your doctor if you are not getting any better



If your illness will not go away, book an appointment with your doctor.



Think about going to A&E if it is an emergency that could affect a life



A&E stands for Accident and Emergency. It is part of a hospital where you go if you need care right away.

It can also be called the **Emergency Department (ED)**.

If it is an emergency, where someone's life is in danger:



- Call 999.



- Go to your nearest A&E (ED) department.

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