① **Keep warm, look after your health**

② **Can you treat your illness yourself? If not, can your pharmacist help?**

③ **Make an appointment with your GP**

④ **Not sure what to do? Think you need to see someone urgently but it's not life threatening? Call NHS 111**

⑤ **Visit your local Urgent Care Centre for non-life threatening medical treatment and advice**

Oadby Urgent Care Centre	Leicester Urgent Care Centre
18 The Parade	Leicester Royal Infirmary
Oadby	Infirmary Square
LE2 5BJ	Leicester
	LE1 5WW

If it's a real medical emergency, such as choking, severe blood loss, or the patient is unconscious, please call 999.

For more information on staying well, please visit the our website at
www.eastleicestershireandrutlandccg.nhs.uk

Stay Well in Oadby, Wigston and Blaby

Your step by step guide to keeping well in Oadby, Wigston and Blaby

We understand it's not always easy to know how to get help when you're not well. There are a lot of different ways to access healthcare, which can be confusing, especially when you're feeling under the weather. To help, we've put together a step by step guide to show you how to manage your health and get the most out of your local NHS services in Oadby, Wigston and Blaby.

1. Keep warm, look after your health - and seek help early before your illness gets worse

Heat your home to at least 18 degrees C (or 65F) if you can. Sometimes illness can get worse quickly when it's cold and you may already be under the weather with a cold or cough. Seek help as soon as you feel unwell – if you don't your condition could become worse and turn into an emergency. Stock up on food and medicines so you don't have to go out when it's icy.

2. Can you treat your illness yourself? If not, can your pharmacist help?

Coughs and cold and other minor illnesses will generally get better on their own. Keep a well-stocked medicine cabinet so that if you do feel ill, you can try treating yourself before you make an appointment to see a doctor. Your pharmacist can also advise you on a range of minor illnesses and ailments, and it's quicker and easier to pop into your local pharmacist than it is making an appointment to see a doctor. If you need a pharmacy with longer opening hours in Oadby, Wigston and Blaby visit: **www.nhs.uk/livewell/pharmacy** or download the 'NHS Now' app from Google Play or iTunes.

3. Make an appointment with your GP

If you can't treat your illness yourself, then your GP can help. Get to know your local practice, and find out the best way to book an appointment. Most practices in Oadby, Wigston and Blaby offer online booking which can be quicker. Practice nurses are also able to treat and advise on many conditions and will often be able to see you more quickly.

CALL 111 when it's less urgent than 999

4. Not sure what to do? Think you need to see someone urgently but it's not life threatening? Call NHS 111

If you need immediate medical help for physical or mental issues, but it's not a life threatening emergency, NHS 111 can help. You'll speak to a highly trained call adviser who will assess your condition and, if necessary transfer you to a clinician for a second opinion. They can give you the healthcare advice you need or direct you to the local service that can help you best.
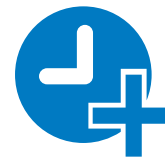
5. Visit your local Urgent Care Centre

If you have an urgent, but non-life threatening medical need, please contact your GP. When you GP is closed you can visit the urgent care centre based at the Oadby Urgent Care Centre. Open 8am until 9pm weekdays and 8am until 8pm weekends and bank holidays, seeing and treating patients of all ages with a range of urgent care needs, including cuts and wounds needing stitches, infections, vomiting and diarrhoea, and minor burns, as well as strains and dislocations. For 24 hour urgent care needs, 365 days a year then you can also visit the Urgent Care Centre Leicester at the Leicester Royal Infirmary.