



Hello! Calderdale

Brought to you by your local NHS, **Together We Can** is here to help you choose the right service when you need medical help or advice.

We are here to help keep you and your family happy, healthy and feeling your best.

**TOGETHER
WE CAN**
CHOOSE WELL



Your Local Pharmacy

Your community pharmacist is a highly trained healthcare professional.

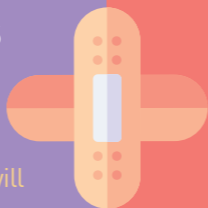
Pharmacists can give you health advice quickly. They will give you treatment advice about a range of common conditions, and tell you if you need to speak to a GP.

- ✔ Cold
- ✔ Earache
- ✔ Sore Throat
- ✔ Athletes Foot
- ✔ Thrush
- ✔ Hay Fever
- ✔ Blocked Nose
- ✔ Sprains and Strains
- ✔ Morning After Pill
- ✔ Rash/Skin Complaints

At your local pharmacy, you can...

- Buy paracetamol, cough mixture, flu relief, sore throat tablets
- Get your free NHS flu jab
- Get general health advice
- Answer your questions on prescription and over-the-counter medicines

Have you stocked your medicine box and ordered your prescriptions well before they run out?



Your Doctor's Surgery

Your doctor's surgery is open and there for you.

To keep everyone safe during the coronavirus pandemic, your initial appointment may be over the telephone or by video call. If your GP needs to see you face-to-face, you will be invited to a surgery.

Avoid waiting

Use online services through your GP practice's website or using an app, like the NHS App, request prescription medicines and more!

We are still here

Keep any check up appointments or procedures you have booked, unless we contact you.



Your A&E Department

Your A&E department is very busy at the moment. Please only visit with life-threatening emergencies.

- Loss of consciousness
- Chest pain
- Breathing difficulties
- Severe bleeding
- Severe allergic reactions
- Severe burns or scalds
- Stroke symptoms

Serious injuries, including broken bones

If you're unsure, use the NHS 111 service. It's free, and they can give you urgent medical advice, 24 hours a day, 7 days a week.

For local health support services available visit [togetherwe-can.com](https://www.togetherwe-can.com)





NHS 111 is a free service open 24 hrs a day, 7 days a week.

If you need medical help, but it's not an emergency, you can visit www.111.nhs.uk or ring 111, for help and advice.



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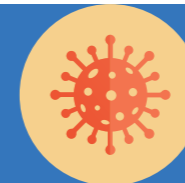
This is your guide to healthcare services in Calderdale, and covers...

- ✓ **Coronavirus** guidance
- ✓ When to visit your **pharmacy** and the services they offer
- ✓ When to use **NHS 111**
- ✓ When to visit your **doctor**
- ✓ When to visit **A&E**



togetherwe-can.com

Coronavirus



Anyone with COVID-19 symptoms or a positive test result should stay home and self-isolate immediately.

The three main 3 symptoms of COVID-19 are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

Do not go to a GP, pharmacy or hospital.

If you're worried about symptoms or unsure what to do, visit www.111.nhs.uk or ring 111.

For the latest NHS guidance visit www.nhs.uk/coronavirus



The coronavirus (COVID-19) vaccines are safe and effective.

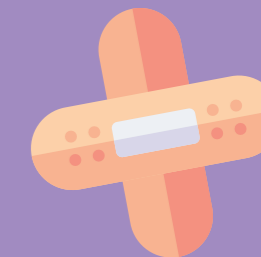
They give you the best protection against COVID-19. To find out who can get a vaccination and book an appointment visit www.nhs.uk/covidvaccination or ring 119

If you need this document in another language or another format such as large print or audio, please call 01422 307400 or email calccg.comms@nhs.net



Feeling unwell & not sure which local health service to use?

For information on local health services visit togetherwe-can.com



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Working in partnership
NHS Calderdale CCG
NHS Kirklees CCG