



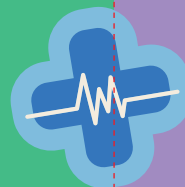
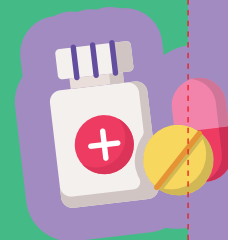
NHS

Hello! Kirklees

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**
STAY HEALTHY



Your Local Pharmacy

Your local pharmacist is a highly trained healthcare professional.

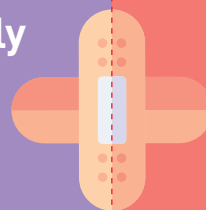
Pharmacists can give you health advice quickly. They can provide over-the-counter treatments, and tell you if you need to speak to a GP.

- ✔ 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 help to stop smoking
- Get your free flu jab
- Get general health advice

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.

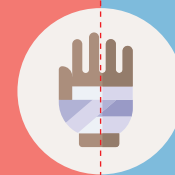
To keep everyone safe during the coronavirus pandemic, your initial appointment may be over the telephone or by video call. If your GP needs to see you face-to-face, you will be invited to a surgery.

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





NHS

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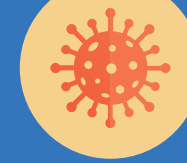
This is your guide to healthcare services in Kirklees, and covers...

- ✓ 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



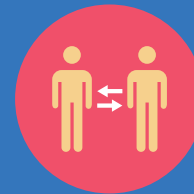
If you or someone you live with has coronavirus symptoms, you must all **stay at home, self isolate** and **book a test online at www.nhs.uk/coronavirus or by calling 119**. You should not go to a GP, pharmacy or hospital.

If you have difficulty breathing or you still feel unwell after four weeks use the **111 service** or call your GP.

For the latest NHS information visit **www.nhs.uk/coronavirus**



**Even if you've been vaccinated,
it's still important to...**



Give people
space



Wear a mask
where required
indoors



Meet people
outside where
possible



NHS

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

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

**TOGETHER
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STAY HEALTHY



Working in partnership
NHS Calderdale CCG
NHS Kirklees CCG