

Are you ready for summer?

Advice and support services to help you stay well

Produced by your local NHS to help you get the right care in the right place

Self care

Self care means making sure you are stocked up with over the counter medicines and a first aid kit so that you are able to treat common illnesses and injuries yourself. It's a good idea to pack basic supplies if you are going away and ensure you stay up to date with any prescribed medication so you don't run out. More information about how to treat common illnesses is available [on the NHS website](#).



Pharmacy

Your local pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and injuries, such as coughs, colds, sore throats and minor cuts and bruises. Pharmacists have specialist training, consultation rooms and you don't need an appointment. Some pharmacies are open in the evening and weekends. Information about pharmacies near you is available on the [Hampshire and Isle of Wight CCG website](#).



Urgent treatment and minor injury

Urgent treatment and minor injuries units are open to NHS patients, no appointments required. Skilled staff can offer treatment and advice for a range of minor injuries and illnesses. Waiting times can be considerably less than emergency departments [Find your nearest centre on the Hampshire and Isle of Wight CCG website](#).



Your wellbeing

The summer holidays can be a stressful time so it's important to look after your mental health and wellbeing. Free tools and support is available on the [Every Mind Matters website](#).

The charity Solent Mind funds a range of mental health support projects in the region. Find out more on the [Solent Mind website](#).

If you or someone you know is experiencing a crisis and need urgent mental health support contact the NHS Mental Health Triage Service by calling 111 or visit the [NHS111 website](#).

A range of mental health services can be accessed through the [Southern Health NHS Foundation Trust website](#).



Which health service should you use?



For common ailments and illnesses such as hangover, sore throat or grazed knee

Self-care



For advice on conditions such as headaches, aches and pains or an upset stomach

Pharmacy



If you have symptoms that don't go away such as ear ache, back pain or ongoing health concerns

GP Surgery



For urgent medical help that isn't an emergency NHS 111 can direct you to the right service

NHS 111



Use only in an emergency such as loss of consciousness, breathing difficulties, stroke or heavy bleeding

999/Emergency Department

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Top tips for staying safe in the sun

- Look out for those who may struggle to keep themselves cool and hydrated such as older people and those with long-term health conditions
- Stay cool indoors – keep your home cool by closing the curtains in rooms that face the sun and ensure there is plenty of ventilation
- Drink plenty of fluids and avoid excess alcohol when it is hot. Take water with you if you are travelling and avoid exercising during the hottest parts of the day
- Try to keep out of the sun between 11am and 3pm. Walk in the shade, apply sunscreen regularly and wear a wide brimmed hat if you do go out
- If you are going into open water to cool down, take care and follow local safety advice
- Never leave anyone in a closed, parked vehicle, especially infants, young children or animals

For urgent care that isn't an emergency contact the NHS111 service online at the [NHS111 online website](#)

Your holiday checklist

Invest in a first aid kit including pain relief and antihistamines. [Visit the St John's Ambulance website for more information](#)

Make yourself aware of where your nearest pharmacy, urgent treatment centre or minor injuries unit is in advance of going away

Check you're up to date with immunisations. Remember all over 18s can book their COVID-19 vaccination on the [NHS website](#)

If you have young children, check your holiday home for hazards like open water, plug sockets, stairs and balconies

Make sure you have plenty of any regular prescribed medication before going away

For information and advice on children's health visit the [Healthier Together website](#)