

**Choose the right service!**



# **Self Care - NHS inform**

**USEFUL INFORMATION**



# Information:

**For a speedy recovery, self care is often the best if a patient has a minor illness or injury.**

An appropriately stocked medicine cabinet means you'll receive the right treatment immediately, and the majority of necessary medication can be purchased cheaply (with no prescription required).

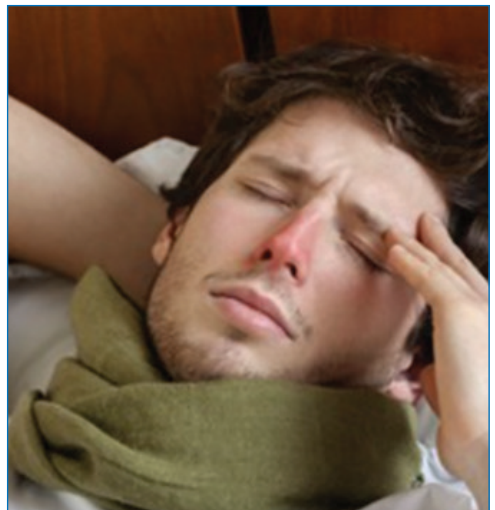
Treat coughs and colds by keeping warm, resting and drinking plenty of non-alcoholic fluids. Paracetamol and ibuprofen can reduce high temperatures and ease aches and pains. Most people recover from viral infections like colds and the flu within four to seven days without anything more than simple home remedies.

Antibiotics won't help with the flu, colds and most coughs



and sore throats. More information to help patients look after themselves is available:

[www.nhsinform.scot](http://www.nhsinform.scot)



# www.nhsinform.scot

## What you'll find on NHS inform:

Information about:

- Medical conditions
- Injuries
- Tests and treatments
- Healthy living topics - such as smoking, alcohol, food and nutrition and mental wellbeing
- Health news and events
- National health campaigns
- Services provided by GPs, pharmacies, opticians and dental surgeries in Scotland
- Your rights when using these services



## We also have a number of interactive tools:

**Self-help guides** for common illnesses and injuries.

A **National Services Directory** containing hundreds of support groups and thousands of NHS services in Scotland.

**Info for Me tool** that helps you to gather, save, publish and share your own health information.

## How to contact us - [www.nhsinform.scot](http://www.nhsinform.scot)

If you can't find what you are looking for:

**Phone our helpline on 0800 22 44 88**

(Open from 8.00am to 10pm, 7 days a week)

**Webchat with our health information team -**

Ask us a question using our feedback form and someone will get back to you.



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INVERCLYDE  
**HSCP**  
HEALTH CARE PARTNERSHIP  
The Scottish  
Government  
Partnership



Your  
**voice**

## 1 Community Connectors

- Affected by isolation or lacking confidence at any age?
- Increase your Social Interaction
- Connect to services, support and activities
- Telephone 01475 728628



## 1 Self Care NHS Inform

- Need general health advice
- Minor illnesses • Sore Throat
- Diarrhoea • Cold / Flu • Vomiting
- Telephone 0800 22 44 88
- [www.nhsinform.scot](http://www.nhsinform.scot)



## 1 Social Care

- Benefits advice / money worries
- Support for People at risk
- Assessment for personal / practical support
- Support to live independently
- Telephone 01475 715299



## 1 Physiotherapy

- Advice on muscle, joint or back pain visit: [nhsinform.msk.zone](http://nhsinform.msk.zone) - [www.nhsinform.scot](http://www.nhsinform.scot)
- Further help, self refer to Outpatient Physiotherapy (Adult service only). Self referrals forms available in physio depts & GP Practices.



## 1 Pharmacy First



- Pain Relief • Shingles
- Emergency Contraception
- Cough / Cold • Cystitis (Females 16-65)
- Impetigo • Stop Smoking
- Contact your local Pharmacy



## 1 NHS 24 Call 111

- Unsure about a symptom
- Need help, can't wait until your regular NHS service re-opens
- Telephone for FREE, dial 111



## 1 Optician Services

- Experience sudden loss or changes in vision
- Have sore, irritated, red, sticky or watery eyes
- Contact your local Optician



## 1 Dentist Services

- Pain in mouth, jaws or gums
- Facial swelling, bleeding from mouth
- Contact your local Dentist



## 1 GP (Doctor) Team

- An illness or injury that won't go away
- Monitoring and management of ongoing conditions
- Contact your Practice

