Staying well this winter
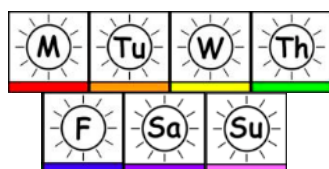## Information and services for people living in Haringey

NHS 111

If it is urgent but not a life-threatening illness or injury, you can call NHS 111 for free on

111

or you can visit the NHS 111 website at

NHS 111

NHS 111 is available **24** hours a day, **7** days a week

Advisors will help you get the right medical attention – they can put you through to healthcare staff or direct you to other urgent healthcare and local services

If it is a life-threatening injury or something like a heart attack or stroke - go to **A and E** or call **999**
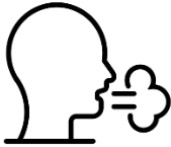
Ask your pharmacist

Your local pharmacist can give you advice about buying medicines that don't need a prescription - for things like

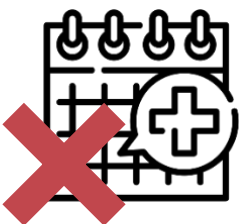→ an upset tummy

→ a runny nose

→ a cough

→ a headache

Pharmacists can also give you advice about emergency contraception

You don't need an appointment to get advice from the pharmacist

Some pharmacies in Haringey offer the Self Care Pharmacy First scheme – this covers the cost of some over the counter medicines

To see if you are eligible for help and for more information, visit the website northcentrallondonccg.nhs.uk/my-health/self-care/

You can find a local pharmacist on the NHS website

nhs.uk/service-search/pharmacy/find-a-pharmacy

GP appointments

Evening and weekend appointments are available in Haringey – you can ask for one if you are registered with a Haringey GP
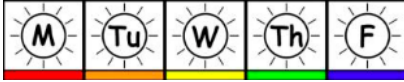
To make an appointment call your own GP practice during their normal opening hours and ask for an appointment

3

Or you can call the service directly on
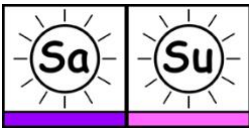
0330 053 9499

5.30pm to **8.30pm**

Monday to **Friday**

8am to **8pm**

Saturday and **Sunday**

Urgent dental care

If you need urgent dental treatment call your usual dental practice - they might be able to see you or, direct you to an urgent dental care service

If you do not have a dentist call NHS 111 for advice on where you can get urgent care

You can call NHS 111 for free on
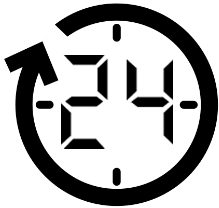
111

Urgent mental health support

If you are having a mental health crisis you can call our crisis helpline on
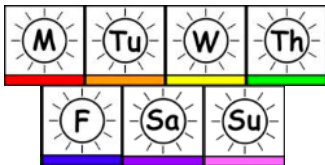
0800 151 0023

You will be able to speak with a mental health professional – they can give you information and advice about local services in Haringey

The crisis helpline is open

24 hours a day

7 days a week

Vaccines

Having all your Covid jabs and a flu jab will help protect you and people around you from getting ill

You can find up to date advice about vaccinations on our website

northcentrallondonccg.nhs.uk/my-health/covid-19/

Register with a GP

It's important to be registered with a GP - it will help you get the right care whenever you need it
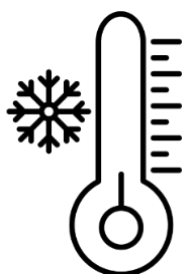
Anyone in England can register with a GP and receive care – you do not need to show proof of your address, immigration status, identity or NHS number
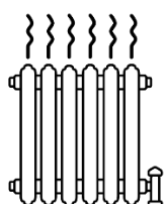
You can find information about registering with a GP on the NHS website

nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/
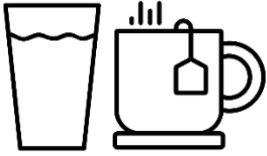
Keeping warm

Cold weather can make some health problems worse so it's important to know how to keep warm - especially if you are over 65 or have a long-term health condition

→ have the heating on to at least **18 degrees** or maybe even warmer in your main living room
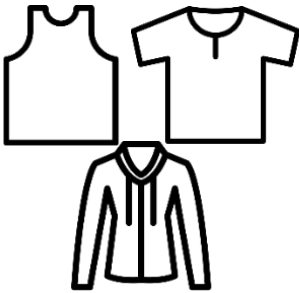
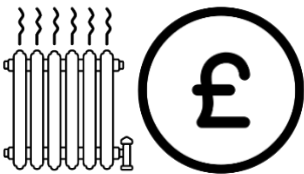→ drink plenty of hot drinks and water during the day

→ eat warm and healthy meals

→ keep moving to keep yourself warm

→ wear a few thin layers of clothing – this will keep you warmer than 1 thick layer

You might be entitled to a Government grant to help with your heating costs

If you are struggling to keep your home warm or to pay your energy bills there is support available – see the Haringey website for more information

haringey.gov.uk/staywarm

or call

020 84 89 34 89

Check your medicine cabinet

Keep your medicine cabinet well stocked

You can buy things to treat most common illnesses with over the counter medicines

You can order repeat prescriptions without going to a GP surgery or pharmacy – find out more at
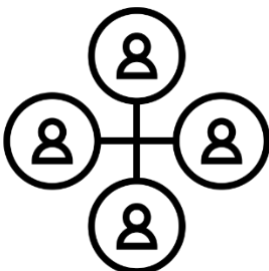
nhs.uk/nhs-app

or

nhs.uk/nhs-services/gps/using-online-services/

Look out for other people

Some people might need some extra help over the winter

Keep an eye out for older neighbours, friends and family - make sure they have enough food and prescription medicine in case they can't go out for a few days

If people need help over the holidays when the GP practice or pharmacy is closed, or they're not sure what to do - NHS 111 can help

You can call NHS 111 for free on

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or you can visit the NHS 111 website at

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