

## Routine Vaccinations

As a parent, you may not like seeing your baby or child being given an injection. However, vaccination is an important step in protecting your child against a range of serious diseases. Vaccinations are quick, safe and extremely effective. You can get a personalised, printable planner of your child's recommended vaccinations, based on their date of birth.



[www.nhs.uk/Tools/Pages/NHSvaccinationplanner.aspx](http://www.nhs.uk/Tools/Pages/NHSvaccinationplanner.aspx)

## Travel Vaccinations

It's not worth skipping travel vaccinations. Infectious diseases can make you very sick and spoil your holiday. You should make sure you see your GP at least 8 weeks before you go on holiday, to allow time for the vaccinations to work.



[www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

The Border Practice Tel: 01252 344434  
Blackwater Way, Aldershot GU12 4DN

Southlea Surgery Tel: 01252 344868  
276 Lower Farnham Road,  
Aldershot GU11 3RB

Princes Gardens Surgery Tel: 01252 332210  
2a High Street, Aldershot GU11 1BJ

Victoria Practice Tel: 01252 335445  
Aldershot Centre for Health,  
Hospital Hill, Aldershot GU11 1AY

Wellington Practice Tel: 01252 335460  
Aldershot Centre for Health,  
Hospital Hill, Aldershot GU11 1AY

## Self Care

Don't forget your local pharmacist can help with many ailments, such as coughs, colds, long term ailments, hay fever and period pain. They can give advice or, where appropriate, medicines that can help clear up the problem.

Instead of booking an appointment with your GP, you can see your local pharmacist any time – just walk in.

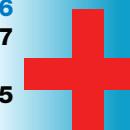
### LOCAL CHEMISTS

Boots, Wellington Centre	01252 317444
Heath End, Farnborough Road	01252 323289
Intergro (Delivery only)	01252 447226
Lloyds; Lower Farnham Road	01252 333400
Rowlands, ACFH	01252 329098
Sainsbury's, Water Lane	01252 718061
Superdrug, Wellington Centre	01252 317295
Tescos, Wellington Avenue	01252 803449
Vernons, North Lane	01252 314018
Wellington, High Street	01252 332551



### USEFUL TELEPHONE NUMBERS

24 Hour NHS Health Advice Service	111
Hampshire Council Adult Services	0300 555 1386
Domestic Abuse Service	0808 2000 247
Samaritans	116 123
Hampshire Police	0845 045 4545
Life Threatening Emergency	999
Emergency Dentist	111
Mental Health Crisis Line	0300 456 8342



### Unsure?

Call **NHS 111** or visit [www.nhs.uk](http://www.nhs.uk)



## Be Self Care Aware



### Aldershot GP Practices

have put together lots of self help information in this leaflet that can support you to look after yourself when you are unwell at home.

*However, if you are not sure and have tried self-care material, then contact 111 or your GP surgery for further advice.*

*Lots of useful information can be found at:*

**www.nhs.uk**

Most everyday health problems can be managed at home, with advice from your local chemist or the websites shown in this leaflet. There is a lot of simple reliable information available which can help you.

However, if you are not sure and have tried self-care material, then contact 111 or your GP surgery for further advice.

## Be prepared

**The best way to avoid falling ill is to stay as healthy as you can by:**

- Eating a balanced diet
- Getting some exercise
- Drinking sensibly and
- Knowing your limits

Remember, if you are 65 or over, or have a long-term health problem, you can have a free flu jab from your GP.

## Stop viruses spreading

**To prevent something you have caught spreading to others:**

- Catch coughs and sneezes in a tissue
- Dispose of tissues quickly and safely
- Regularly wash your hands with soap and warm water

If you have sickness and diarrhoea don't go to your GP surgery or hospital, as you may spread this to others. Drink plenty of fluids and call your GP practice if you have concerns. The best way to prevent this spreading is hand washing with soap and warm water.

## Stock up your medicine cabinet

**Check your medicine cabinet and make sure you have the following basics to hand when you need them:**

- Your usual painkillers ie paracetamol or ibuprofen
- Anti-diarrhoea medicine
- Indigestion remedies
- Plasters
- Bandages
- Thermometer
- Tissues
- Hay fever tablets

Check any medicines already in your cabinet are still okay to use. If any medicines are past their use-by date, don't take them.

<http://www.nhs.uk/livewell/pharmacy/pages/yourmedicinecabinet.aspx>

## Websites



Visit NHS Choices for all your health advice. This NHS website provides a lot of very useful information and advice on all aspects of health.



Patient.co.uk is one of the most trusted medical resources online, supplying evidence based information on a wide range of medical health topics to patients and health professionals.



Aimed to help mums and dads access the best parenting information available. You can sign up to receive free regular emails and text messages, with advice on a range of topics.

## Antibiotics

All colds, most coughs and sore throats are caused by viruses and generally these will get better on their own. Viral infections are also much more common than bacterial infections. Antibiotics aren't always the answer and do not work against infections caused by viruses.

**Get the right treatment for your symptoms**  
**Choosing well means:**

- Spending less time waiting for treatment
- Getting the best treatment for your symptoms
- Freeing up the emergency department (A&E) to treat those with the most serious illnesses or injuries

Over a quarter of people who visit the emergency department could be treated by another NHS service. Make sure you use the right service for your symptoms.

