



Know where to go when feeling unwell

Remember - if you, anyone you live with or members of your support bubble have any of the following symptoms:

-  a high temperature - that is above 37.8C
-  a new continuous cough
-   loss of taste or smell

You MUST NOT leave your home other than to get tested. Stay self-isolating until you get your result. You can find more information at www.gov.uk/coronavirus If someone in your household or support bubble tests positive, or you have been contacted by NHS track and trace, you must isolate for 10 days even if you test negative, as you could still develop symptoms. You can find out how to get a test by visiting the NHS website: www.nhs.uk/coronavirus

 <h3>Care at home</h3> <p>Be prepared to care for yourself with a well-stocked medicine cabinet and plenty of rest</p> <ul style="list-style-type: none"> • upset tummy • pain or headache • sore throat (but if for two weeks or more contact your GP) <p>For health advice, visit www.nhs.uk</p> <p>For self care advice, visit www.frimleyhealthandcare.org.uk and search 'stay well'</p>	 <h3>Pharmacist</h3> <p>Pharmacists are qualified healthcare professionals, who can offer clinical advice and over-the-counter medicines. Ask for help with:</p> <ul style="list-style-type: none"> • minor illnesses and ailments • queries about medication dosage, type or suitability plus urgent requests • medication related to hospital discharge • repeat prescriptions 	 <h3>Visit 111.nhs.uk or call NHS 111</h3> <p>When the situation is not life threatening</p> <ul style="list-style-type: none"> • if you think you need to go to hospital • if you don't know the most suitable place to go or call • if you don't have a GP to call or if your GP practice is closed • if you need advice or reassurance about what to do <p>Available 24 hours a day, every day. If needed, an NHS advisor will help you to be seen quickly and safely.</p>	 <h3>GP surgery</h3> <p>Visit your GP surgery website and click on eConsult to</p> <ul style="list-style-type: none"> • Get help for a condition that has not improved after seeking help from your pharmacy or NHS 111 • To report urgent conditions that are not life threatening • To report a deteriorating chronic condition <p>Please continue to use usual routes, including online patient access, to order repeat prescriptions. If you do not have access to the internet, you can continue to phone your surgery</p>	 <h3>Emergency department or call 999</h3> <p>Only for very serious or life-threatening situations</p> <p>If you are unsure, call NHS 111 or go on-line at 111.nhs.uk</p>
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For urgent help for your mental health, use the NHS 111 online service, or call 111 if you are unable to get help online.

If you've injured yourself, taken an overdose or are in an emergency and believe that your life is at risk, please dial 999.

www.nhs.uk/oneyou/every-mind-matters provides NHS-approved expert advice and practical tips to help you look after your mental health and wellbeing.

You can also text **Shout 85258**. Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.