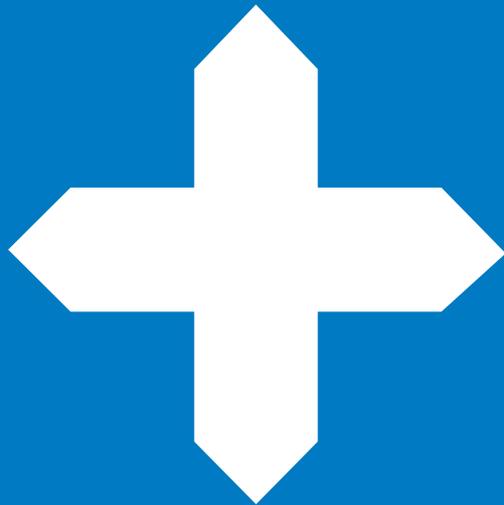


Treat yourself

**A self-care
guide for
minor illness**





Treat yourself

This self-care guide for minor illness includes:

- A guide to what to keep in your medicine cabinet.
- Information about minor illnesses.
- A self-help directory with contact details of local NHS services and a comprehensive list of national help lines.

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Medicine cabinet

Even a minor illness or ailment – such as colds, headaches and diarrhoea – can disrupt your life. Be prepared for most common ailments by keeping a well-stocked medicine cabinet at home.

This list is not exhaustive, but it will help you deal with most minor ailments.

Always follow the directions on medicine packets and information leaflets, and never exceed the stated dose.

If you have further questions about any of these medicines or you want to buy them, ask your local pharmacist.

Always keep medicines out of the sight and reach of children. A high and lockable cupboard in a cool, dry place is ideal.

Regularly check the expiry dates. If a medicine is past its use-by date, don't use it or throw it away. Take it to your pharmacy, where it can be disposed of safely.

What to have in your medicine cabinet

- Paracetamol or aspirin for adults and teenagers for headaches, colds, fever (temperatures), sore throats and pain relief.
Do not give aspirin to children under 16 years old.
- Paracetamol syrups (e.g. Calpol, Disprol, etc.) for pain or fever in children. See the label for the correct dose for the age of child.
- Ibuprofen for adults: before purchase please check with the pharmacy. This medication is also useful for pain relief especially if there is inflammation and can be taken alongside paracetamol for pain relief (but only 3 not 4 times a day). Ibuprofen syrup is available for children.
- An indigestion remedy.

- Menthol crystals add to hot water according to the instructions and inhale the steam to treat catarrh and dry, painful coughs or sinusitis. This is not suitable for children use a steam-filled bathroom instead.
- Antihistamine tablets for adults and syrup for children are useful for insect bites, hay fever symptoms and rashes.
- Antiseptic solution one teaspoonful mixed with warm water for cleaning cuts and grazes.
- Rehydration mixture (e.g. Dioralyte) for use in cases of diarrhoea or vomiting.
- Plasters a mixture of sizes.
- An elastic bandage and dressings to support sprains or bruises.
- Basic dressing pack.
- A thermometer for taking temperatures.

All these are useful medicines and dressings to keep at home in readiness for minor illnesses or accidents. Ask your pharmacy for advice on other remedies or medicines which may be of use at home. Keep them up to date and out of the reach of children.

A-Z of minor illnesses

Back pain

Back pain is very common and is usually caused by a spasm or cramping of muscles. Back pain can be treated with painkillers or anti-inflammatory medication which can be purchased over the counter from a pharmacy.

Both Paracetamol and Ibuprofen are useful. Heat from a hot water bottle can help and it is best to keep moving. If the pain goes down your legs, lasts for more than a week or is associated with numbness, weakness or a bladder problem then contact the surgery for advice.

Burns and scalds

Apply large quantities of cold water to the affected area as soon as possible and maintain this until the pain reduces, this may take as long as 15 minutes or more. If the skin is unbroken but blistered, apply a loose, clean dry dressing. You may require pain relief such as Paracetamol. If the burn covers a large area or the skin is broken, consult your surgery.

Colds and runny noses

Colds are caused by viruses. There are no medicines against these viruses and antibiotics are NOT given as these are not effective against viruses. The treatment for colds is to treat the symptoms, you can do this by taking plenty of drinks and if you have a headache or are feverish take Paracetamol or Ibuprofen.

The pharmacist will be able to help advise about decongestants and other useful medication.

Constipation

This is when you have bowel movements less often than is usual for you, often with hard stools and stomach pains. To help this you should eat more fibre in your diet (fruit, vegetables, wholemeal foods) and drink more fluids. Various laxatives can be bought from the pharmacy.

Cough

Most coughs are caused by viral infections, and often occur with colds and flu. Cough medicines may help; take Paracetamol.

Seek medical attention if the cough persists for longer than three weeks, or if you are feeling particularly unwell with a high fever or breathlessness or are producing a lot of discoloured phlegm or blood.

Cystitis

This is a common problem caused by inflammation or infection in the bladder. The symptoms are a feeling of needing to pass urine frequently and urgently with pain or a burning sensation. Symptoms will often settle by drinking lots of water and taking Paracetamol. If you are pregnant, male or a child, or for women whose symptoms do not settle within two days you should consult the pharmacist or see your doctor.

Diarrhoea and vomiting

Most episodes of diarrhoea and vomiting are caused by viruses. It is important to take plenty of clear fluids to avoid dehydration. It is usually better to avoid anti-diarrhoeal medicines. If vomiting

persists for longer than 48 hours, or diarrhoea persists for more than a week, then contact your surgery. In children contact the surgery sooner if there is a possibility of dehydration.

Most people get better without the need for treatment. Oral rehydration salts can be useful. Stick to easily digested foods such as toast, crackers, bananas and rice until you feel better. Avoid caffeine, spices and fatty foods.

Earache

This can be caused by dry skin in the ear or earwax. Earache that persists may be caused by a virus infection and Paracetamol or/and Ibuprofen is usually all that is required. Contact the surgery if symptoms persist for more than four days.

Earache is common in children. It could be caused by a bacterial infection especially if they have a fever, you could contact your surgery for further advice if there is discharge from the ear or severe pain.

If you have a temperature of 38° or you have dizziness, headache or swelling around the ear contact your GP surgery.

Eyes

Small pieces of grit or dirt in the eye should be washed out with plenty of water. If the irritation persists then you will need to contact your GP surgery for advice. Sticky eyes in children can be helped by removing any discharge with cotton wool soaked in warm water.

Mild eye infections in adults can be treated by using Chloramphenicol eye drops bought over the counter, the pharmacist is able to advise on these as well as other eye drops for sore or irritated eyes.

Hay fever

This is caused by an allergy to pollen affecting people mostly during the Spring and Summer. The symptoms are sneezing, runny nose and itchy watering eyes. Antihistamines are the main treatment. Additionally, nasal sprays and eye drops that relieve the symptoms can also be purchased from the pharmacy.

Head lice

Chemical applications are not advised, just apply ordinary hair conditioner and comb the hair thoroughly with a special fine comb which can be obtained from a pharmacy. This should be carried out daily for two weeks.

Haemorrhoids

These are swellings around the anus which can be sore, irritable and can bleed, often caused by being constipated. Constipation can be treated as above.

You can buy creams which ease the irritation and discomfort. If you have unexplained bleeding or a recent change in your bowel habit then you should consult your doctor for advice.

Headache

The most common causes of headache are tension or migraine. Headaches also occur with illnesses like colds and flu. Tension headaches often feel like a tight band around the forehead. Migraines come in attacks usually with visual disturbance, bad headache on one side and sometimes nausea and vomiting, and can be treated with medicines which are taken at the start of an attack. Simple pain killers, such as Paracetamol or Ibuprofen, drinking plenty of water, getting enough rest and avoiding alcohol and smoking will help most headaches.

Heart burn

Bringing up stomach acid can give a burning feeling in the upper part of the stomach and the throat. This can be helped by eating small amounts more often and avoiding hot spicy food, coffee and alcohol.

Antacid medicines can be bought from a pharmacy.

If the symptoms persist for more than a week contact the surgery for advice.

Indigestion

Indigestion, also known as dyspepsia, is pain or discomfort in your chest or stomach. This usually comes on soon after eating or drinking.

You may also have other symptoms, such as:

- feeling full or bloated
- heartburn
- nausea (feeling sick)
- belching

Indigestion is a common problem that affects many people, but in most cases it is mild and only occurs occasionally.

There are many different remedies available from your pharmacist in both tablet and liquid form (e.g. Gaviscon or Rennie).

Influenza ('flu')

Influenza is also caused by a virus infection. The symptoms of flu are a high fever, muscle aches, dry cough, headache and congestion.

Symptoms may take up to two weeks to resolve, although the fever should settle within three to five days.

You need to take Paracetamol, plenty of fluids and rest.

If you are offered a 'flu' jab, take it. Antibiotics are NOT given as these are not effective against flu.

Insect bites and stings

Antihistamines tablets and creams for bites and stings can be obtained from the pharmacy, and will usually relieve most symptoms.

Minor cuts and grazes

Wash the wound thoroughly with water or an antiseptic wipe if you have one. To stop bleeding, apply a clean dressing firmly to the wound for about five minutes. Cover with a clean dry dressing.

Nosebleeds

Nosebleeds are common, especially in children and are caused by small blood vessels in the nose bursting, usually caused by picking or with a cold (sneezing, blowing the nose).

For a nose bleed, lean forward and pinch the soft part, just below the bridge of the nose, for about ten minutes. If the bleeding has not stopped then repeat the process for a further ten minutes.

If the bleeding persists for longer than 30 minutes then you should contact your surgery for advice.

Sinusitis

The sinuses are spaces inside the nose, behind the cheek bones and in the forehead. When you have a cold the lining of the sinuses swell and can block these spaces. The pressing type pain is felt in the nose or in the forehead. This feeling can be helped by using decongestant nose spray or steam inhalation. Do this by breathing steam from a bowl of steaming water with a towel over your head, drops of menthol can be added to the water. Take Paracetamol or Ibuprofen for pain.

Sore throat

These are usually due to viruses and normally do not require antibiotics. Take Paracetamol or Ibuprofen, plenty of fluids, throat pastilles or a throat spray may help. See a doctor only if the sore throat is severe or persists for five or more days or you are unable to swallow.

Sprains

A sprain (such as a twisted ankle) is caused by over stretching ligaments and tissues of a joint. In serious cases the ligaments can partly or completely tear. Firstly, apply a cold compress, containing ice if possible, for 15 to 30 minutes to reduce the swelling. Elevate the foot and give the sprain plenty of rest until the discomfort has subsided.

Take pain relief such as Paracetamol or Ibuprofen as needed.

See your GP if you are unable to stand on the foot, there was a lot of swelling which developed within a few minutes or you are in great pain.

Sunburn

Treat as for other burns with cold water to reduce the heat. Calamine lotion will relieve the irritation, Paracetamol will help, and drink plenty of clear fluids.

Thrush

This is an infection commonly affecting women, with an itchy discharge caused by a yeast infection. Treatment can be obtained from the pharmacy, but if this treatment fails to clear you should contact the surgery for further advice.

Toothache

Paracetamol and Ibuprofen first can be helpful, followed by stronger painkillers should the pain be severe. Contact your dentist, not your GP.

Warts and verrucas

Creams can be obtained over the counter from the pharmacy.

Self-help directory

The self-help directory is a list of local and national NHS services, charities and organisations that you may find useful in relation to your health and wellbeing or that of your family and friends.

Local NHS

Is it an emergency?

For example:

Loss of consciousness, uncontrollable bleeding, acute confused state, persistent severe chest pain, breathing difficulties? **Dial 999** or go to your local Accident and Emergency Department.

Your nearest A&E units can be found at:

Nottingham University Hospitals
(Queens Medical Centre Site)

King's Mill Hospital

The Royal Derby Hospital

Leicester Royal Infirmary

Your nearest walk-in centres can be found at:

Nottingham
0115 883 8500

Loughborough
01509 553998

To find your local NHS services (including dentist, GP and opticians) go to **NHS Choices** at www.nhs.uk

Out of Hours

Can't wait until your surgery opens?

Telephone your usual surgery number. Your call will be transferred to an out of hours (OOH) healthcare professional who will advise what action to take.

Or, dial **111** for the **NHS 111 service**.

Tell us Once

When a mum has just given birth or someone has died, families have so much to think about. A new service has launched across Nottinghamshire to help make life easier for new parents or bereaved families. The 'Tell us Once' service means that when someone registers a birth or death at a Register Office, with permission they can inform more than 20 organisations. This includes Child Benefit, Council Tax and Housing Benefit, Passport Services, DVLA, and state pensions. For further information visit: www.mynottingham.gov.uk/tellusonce

Self Help Nottingham

Self Help Nottingham has comprehensive, up-to-date information about local self-help groups in Nottinghamshire as well as national support organisations and international self-help contacts.

www.selfhelp.org.uk is an online, A-Z list of self-help groups.

Alternatively, call: **0115 911 1661**
Monday-Friday, 9.00am-1.00pm
minicom: **0115 911 1655**

Travel Advice

For advice on every aspect of travel health advice visit:

www.nhs.uk/Livewell/TravelHealth/Pages/Travelhealthhome.aspx

This includes advice on sun safety, travel illnesses and vaccinations and travelling with long term conditions.

Screening programmes

Antenatal and Newborn screening:

- NHS Fetal Anomaly Screening Programme
- NHS Infectious Diseases in Pregnancy Screening Programme

- NHS Linked Antenatal and Newborn Sickle Cell and Thalassaemia Screening Programme
- NHS Newborn and Infant Physical Examination Screening Programme
- NHS Newborn Blood Spot Screening Programme
- NHS Newborn Hearing Screening Programme

Young Person and Adult:

- NHS Diabetic Eye Screening Programme
- NHS Abdominal Aortic Aneurysm Screening Programme
- Cancer Programmes – breast cancer, cervical cancer and bowel cancer
- Prostate Cancer Risk Management
- Chlamydia Screening
- NHS Health Check (for vascular risk)

For details of all of these programmes visit www.screening.nhs.uk/public or ask your GP for more information.

Rushcliffe Leisure Centres

Leisure centres in Rushcliffe are run by Parkwood Leisure on behalf of Rushcliffe Borough Council and are:

Bingham Leisure Centre

01949 83 8628

Cotgrave Leisure Centre

0115 989 2916

Keyworth Leisure Centre

0115 937 5582

Rushcliffe Leisure Centre

0115 923 4921

Rushcliffe Arena

0115 981 4027

East Leake Leisure Centre

(managed by Carillion plc)
01509 852 956

For further information visit Rushcliffe Borough Council's website:

www.rushcliffe.gov.uk/leisure/sportsclubsandcentres/leisurecentres

Nottinghamshire Sports and Clubs

Sport Nottingham provides information and advice about sport in Nottinghamshire to encourage more people to be more active more often.

www.sportnottinghamshire.co.uk

Find details of local sports clubs and how to get involved in sports in your local area as well as news and events happening near you.

NHS Rushcliffe CCG

Rushcliffe CCG is a Clinical Commissioning Group (CCG) within the NHS. It brings together a powerful coalition of 16 local general practices, community health professionals (including nurses and therapists), and the local registered population (122,000 patients), to plan and fund local health services.

Visit www.rushcliffeccg.nhs.uk for information about what NHS Rushcliffe CCG do, advice and guidance on healthy living as well as information about what's happening locally with NHS services.

NHS Rushcliffe CCG Patient Forums

Who are patient forums for?

Patients, Carers and people with an interest in the condition.

What are patient forums?

They are for local people with a desire to improve local services for people like them.

For details of all of the following Forums please visit:

www.rushcliffeccg.nhs.uk

or contact Helen Limb, Patient & Public Engagement Officer on

0115 883 7872 or at

Helen.Limb@rushcliffeccg.nhs.uk

Cancer Forum

Diabetes Forum

Mental Health & Well Being Partnership

50+ Forum Health Group

Stroke Survivors Group

Learning Disability Forum

For details of meeting times and venues please contact **Sue Knowles** at Rushcliffe Community & Voluntary Service (RCVS) on **0115 9699060**.

Nottinghamshire Information Prescription

This website is part of a collection of websites which provide personalised Health and Social care information to the people of Nottinghamshire.

These websites are funded and managed by the Nottinghamshire NHS and Nottingham County Council.

www.nottsinfoscript.co.uk

Stop smoking services

Contact **New Leaf** on **0800 3897712** or visit their website www.stop-smoking-with-newleaf.co.uk to find out about clinics operating in your local area.

Alternatively, visit the **Stop Smoking Notts** website: www.stopsmokingnotts.nhs.uk

Change 4 Life

These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to.

Change4Life for your kids

Nine out of 10 of our kids today could grow up with dangerous amounts of fat in their bodies. This can cause life-threatening diseases like cancer, type 2 diabetes and heart disease.

Change4Life for you

By the time we reach middle age, the majority of us could do with losing at least a bit of weight. Being overweight isn't just about the way we look. It can lead to more aches and pains, problems sleeping and people report a loss of energy and confidence. It also increases our chances of getting heart disease, type 2 diabetes and some cancers.

But it doesn't have to be this way. Middle age comes to everyone – 'middle aged spread' doesn't have to.

For loads of ideas and suggestions about eating well, moving more and living longer visit www.nhs.uk/Change4Life/Pages/change-for-life.aspx

RCVS

Rushcliffe Community and Voluntary Service (RCVS) supports community and voluntary groups in Rushcliffe, from advice centres and lunch clubs to wildlife trusts and scout groups. They help and inspire groups and organisations to get started and run professionally as well as offering expert advice and assistance with training, fundraising and volunteering, as well as giving encouragement and moral support. Find out more at www.rushcliffecvs.org.uk or call 0115 969 9060.

Community Outreach Advisor Service

A Service to people aged 50 and over to give them the support, information and advice they need to stay safe, happy and independent in their own homes. Our Community Outreach Advisor is able to make home visits and can help put people in touch with a wide range of services.

Contact **Seema Fakey** on 0115 9699060 ext 131, or email sfakey@rushcliffecvs.org.uk

First Contact

First Contact works with public and voluntary services to help people aged 60 and over to access the information and support they need. First Contact can help with fitting smoke alarms, arranging home repairs, advice on crime reduction and keeping your home warm and other issues that matter to older people.

Contact **Liz Lowe** or **Karl Stirland** on 0115 9699060 ext 105 or email llowe@rushcliffecvs.org.uk or kstirland@rushcliffecvs.org.uk

Housing Choices

Housing Choices is an advice and information service aimed at older people, their families and carers. The service can help older people who are starting to find things difficult at home and need to consider their options, such as making adaptations to the home, moving to alternative accommodation or getting more support to manage more easily at home.

Contact **Jenny Whitmore** on 0115 9699060 ext 106 or email housing@rushcliffecvs.org.uk

Rushcliffe Voluntary Transport Scheme

A car scheme to help people with no access to transport to make necessary journeys.

Contact us on 0115 9699060 ext 100 or email transport@rushcliffecvs.org.uk

National helplines

Abortion Help

0845 300 80 90

24-hour abortion information service run by Marie Stopes International clinics.

Age UK

0800 00 99 66

Information and advice on a broad range of topics affecting older people.

Alcoholics Anonymous

0845 769 7555

For those who think their drinking is becoming a problem, Alcoholics Anonymous offers the chance to talk to someone who knows the issues through personal experience.

Asthma UK Adviceline

08457 01 02 03

Asthma nurse specialists provide independent, confidential advice and support to people living with asthma, their families, friends and carers and to health professionals.

Autism Helpline

0808 800 4104

The National Autistic Society Autism Helpline provides impartial, confidential information, advice and support for people with autism spectrum disorders, their families, professionals, researchers and students.

Back Care Helpline

0845 130 2704

Speak to someone at this registered charity who has experienced back pain. The helpline provides support and information and explains your options.

Beating Eating Disorders

0845 634 1414

Confidential helpline offering support and advice for anyone affected by an eating disorder.

Beaumont Society

01582 412220

Advice and support for transgender, transvestite, transsexual and cross-dressing people to reduce emotional stress and increase understanding.

Breast Cancer Care Helpline

0808 800 6000

Nurses and trained workers with personal or professional experience of breast cancer offer information and support on any aspect of breast cancer or breast health.

Brook Advisory Centres

0808 802 1234

Free and confidential sexual health advice and services for under-25s.

Cancerbackup

0808 800 1234

Information from nurses about all types and aspects of cancer – diagnosis, treatment, symptom control, clinical trials, support groups and where to get practical and emotional help.

Carers Direct

0808 802 0202

Confidential information and advice for anyone looking after someone else.

ChildLine

0800 1111

Support, information and advice for children on any topic they want to talk about – bullying, gangs, puberty, sexual abuse, alcohol, drugs, or anything else that worries them.

Contact a Family

0808 808 3555

Information on specific conditions and rare disorders for families with disabled children.

Crohn's and Colitis Support

0845 130 2233

An information service for people affected by inflammatory bowel disease (IBD). Calls are taken by Information Officers from 10am-1pm weekdays. An answering service operates at other times.

Cruse Day by Day

0844 477 9400

Help and support for people who are bereaved. Also offers a special line for young people on **0808 808 1677**.

Domestic Violence Helpline

0808 2000 247

National Domestic Violence 24-hour helpline for those who require an urgent response or need in-depth support. The helpline is run by Women's Aid and Refuge.

Drinkline

0800 917 8282

Information and self-help materials, help to callers worried about their own drinking, support for family and friends of people who are drinking, and advice on where to go for help.

FPA

0845 122 8690

For information and advice on contraception, sexually transmitted infections, pregnancy choices, abortion, or planning a pregnancy.

Frank

0800 77 66 00

Call for confidential and friendly advice about drugs from professional advisers who will give you straight up, unbiased information.

Heart Helpline

08450 70 80 70

British Heart Foundation's cardiac nurses and information officers provide information to help support any medical advice you have already had from your GP or consultant.

Harmless

0115 934 8445

Harmless was established at the beginning of October 2007. It is a national voluntary organisation for people who self-harm, their friends, families and professionals.

PO Box 10136, Nottingham, NG1 9HL.
info@harmless.org.uk

Learning Disability Helpline

0808 808 1111

An advice and information service from Mencap for people with a learning disability, their families and carers.

Macmillan CancerLine

0808 808 2020

Information and advice for anyone with concerns about living with cancer. Also offers a textphone service on **0808 808 0121**.

Meningitis Research Foundation

0808 800 3344

Trained staff and qualified nurses offer information on meningitis and septicaemia to anyone concerned about or affected by these infections.

Mind Info Line

0845 766 0163

Mind's helpline gives confidential advice and help for people with mental health problems.

Rethink

0845 456 0455

Helpline services offering practical and emotional support to those experiencing severe mental illness, their carers and relatives.

Sexual Healthline

0800 567123

Free confidential information and advice on sexual health.

Shelter

0808 800 4444

Free housing advice from the homelessness and housing charity.

Stroke Helpline

0845 303 3100

Advice from the Stroke Association, which helps stroke patients and their families through its support services and funds research into prevention, treatment and rehabilitation.

The Patients Association

0845 608 4455

For concerns about healthcare in general, this national charity provides patients with a way to raise issues and share experiences as it works to improve the care we all receive.

The Samaritans

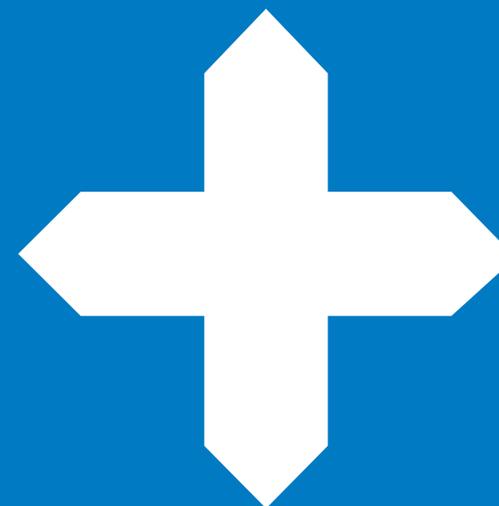
08457 90 90 90

Confidential non-judgemental emotional support, 24 hours a day, for people who feel distressed, despairing or suicidal.

Terrence Higgins Trust Direct

0845 1221 200

Information, support and advice from the Terrence Higgins Trust on all aspects of HIV and sexual.



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