

**DON'T FORGET YOUR
REGULAR MEDICATION -
AND BE PREPARED WITH A
SEASONAL FIRST-AID KIT**

You can be prepared for minor medical needs by keeping a seasonal first aid kit close to hand. Depending on the time of year, your travel bag essentials may include:

- ▶ sunscreen
- ▶ insect repellent
- ▶ antihistamines
- ▶ pain relief like paracetamol
- ▶ indigestion treatment
- ▶ anti-diarrhoea tablets
- ▶ plasters and sterile dressings
- ▶ antiseptic cream or sterile wipes
- ▶ cream for stings and bites

In winter you may also want to add:

- ▶ cold or flu treatment



111.nhs.uk

If you become unwell and you aren't sure where to go for help, contact NHS 111 first.

**IF YOU FORGET TO BRING YOUR
MEDICATION WITH YOU ON
HOLIDAY, CONTACT YOUR USUAL
GP SURGERY AND THEY CAN
ARRANGE TO SEND YOUR
PRESCRIPTION TO A NOMINATED
PHARMACY IN THIS AREA.**

NHS

How to access health services

**when you're
away from home**

Your NHS is here
when you need us

NHS



Accessing health services during your holiday

We hope you have a safe and healthy holiday and don't need to access health and care services during your visit. But if you do become unwell, the information in this leaflet will help you reach the right care, first time.

NHS APP

If you have a smartphone, download the NHS App. It will give you access to trusted NHS information and self-care advice and you can even order repeat prescriptions and book appointments in some areas. Find out more about the NHS App at www.nhs.uk/nhs-app/

NHS 111

If you need help or advice for an urgent medical condition that isn't life threatening contact NHS 111 – online at www.111.nhs.uk, via the NHS App on your smartphone, or by calling 111.

NHS 111 advisors will connect you with the right help and – depending on the nature of your problem – can even make an appointment for you at a local pharmacy or hospital Urgent Treatment Centre.

If you're unsure where to turn for help, NHS 111 can also direct you to the best place.

LOCAL PHARMACIES

A local pharmacy can help with advice and over-the-counter medication for many routine minor ailments such as hay fever, sunburn, stings, bites, cuts and bruises, as well as tummy trouble and digestion issues. Find your nearest pharmacy on the NHS website at www.nhs.uk/find-a-pharmacy

999 AND HOSPITAL ACCIDENT AND EMERGENCY DEPARTMENTS

You should always call 999 or go to your nearest hospital A&E department if you have a 'life or limb emergency', such as suspected heart attack or stroke, breathing difficulties, severe blood loss or loss of consciousness.

In serious but none life-threatening situations please don't visit A&E but contact NHS 111 for help and advice online using your mobile, tablet or computer, via the NHS App or by calling 111.