

### Eye problems **TURN TO YOUR LOCAL OPTICIAN**

If you notice anything strange in your vision, you should go and visit an optometrist, as they don't just check for vision issues, but also overall eye health.

These changes are:

- Hazy, blurred or double vision
- Seeing flashes of light or sudden floating spots
- Severe, sudden eye pain
- Sudden development of persistent floaters (specks that float in your field of vision).
- Seeing a curtain coming down over the eye
- Any form of red eyes
- Recurrent pain in and around the eye
- Seeing rainbow or halos around lights
- Seeing floating spider-webs
- Gradual or sudden change in vision
- Any developments of bumps or lumps, on or around the eyelid (i.e. styes or cysts)

### **For sore throats, coughs, colds, flu, constipation, indigestion, minor cuts, sprains or grazes:**

**TURN TO SELF CARE.** A well stocked medicine cabinet means you can access the right treatment immediately.

Treat your coughs and colds by keeping warm, resting and drinking plenty of non-alcoholic fluids. Most healthy people recover from viral infections like coughs and colds and the flu within four to seven days. Antibiotics will not help with the flu, colds or most coughs and sore throats.

**TURN TO YOUR LOCAL COMMUNITY PHARMACIST** who can give you advice on minor ailments, for example coughs, colds, indigestion, constipation, aches and pains. They can give advice about what to stock in your medicine cabinet or call NHS Inform on 0800 224488 or go to [www.nhsinform.co.uk](http://www.nhsinform.co.uk).

### **If you have an injury that is not serious for example sprains and strains, minor burns and scalds, insect and animal bites, minor eye injuries or ear infection:**

#### **TURN TO YOUR MINOR INJURY AND ILLNESS UNIT (MIIU)**

which is open Monday-Friday, 9.00am – 4.00pm. To contact MIIU, please call 01674 832170.

Your local community pharmacist may also be able to help you.

### **Between the hours of 6pm and 8am Monday – Friday, weekends and bank holidays:**

#### **TURN TO OUT OF HOURS SERVICE (NHS 24 and GP) DIAL 111.**

NHS 24 will offer advice and decide with you the best way to meet your needs. This may be a phone call from a doctor or nurse practitioner or an arranged consultation at your home or at an Out of Hours Centre. If your condition is serious or life threatening, an ambulance will be arranged for you.

### **Dental/Mouth Problems**

#### **TURN TO YOUR LOCAL DENTIST**

Here is a list of common dental problems that your local dentist can deal with:

- Bad Breath.
- Toothaches and Dental Emergencies.