

# Why choose well?

This leaflet will help you decide if you need medical attention if you get sick. It explains what each NHS service does, and when it should be used.

Choosing well means you will get the best treatment. It also allows busy NHS services to help the people who need them most.

Did you know that Community Pharmacists run a minor ailments scheme which allows them to treat on the NHS the following conditions?

- Eye infections
- Vaginal Thrush
- Skin Infections
- Cystitis
- Inflammatory Skin Disorders
- Oral Thrush

# Useful information

There are some easy ways you can lower your risk of getting ill:

- When you cough or sneeze use a tissue, and then put it in the bin and wash your hands.
- Stay warm by making sure your home is heated, and by wearing lots of layers of clothing.
- Have many hot meals and drinks to keep your temperature and strength up.
- If you smoke, consider quitting to improve your circulation and general health.

In case you do get ill, it is good to be prepared with essential medicines:

- Paracetamol or Ibuprofen.
- Anti-diarrhoea medicine.
- Rehydration mixture.
- Indigestion remedy.
- Plasters.
- A thermometer.

People with long-term conditions such as asthma and diabetes, the very young, pregnant women and those aged 65 or over should contact their GP immediately if their symptoms are serious.

**The information in this leaflet can be provided in large print or in audio format on request.**

Ambulance Headquarters,  
Noble's Hospital, Strang,  
Douglas, Isle of Man IM4 4RJ

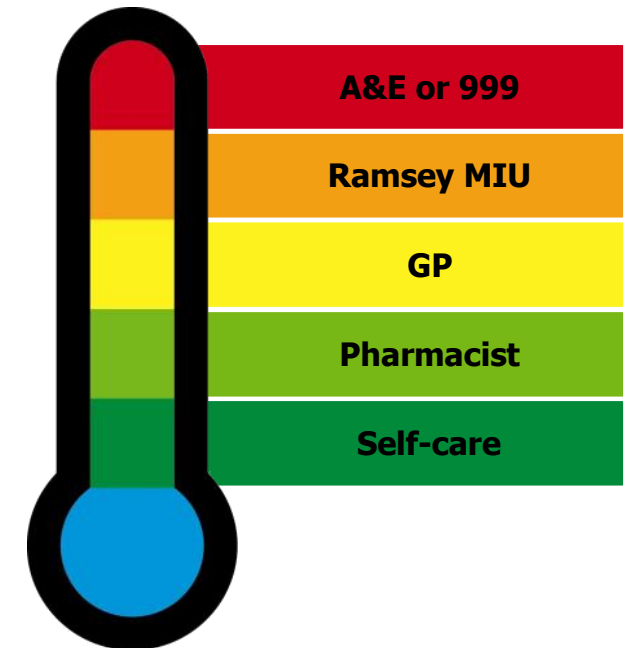
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**Isle of Man Ambulance Service**

# Your Guide

**to choosing the right service if you become ill or are injured.**





**Choking.  
Chest pain.  
Black out.  
Blood loss.**

**A&E or 999**

Accident and Emergency department is situated at Noble's Hospital. They help people who show signs of being very ill or are badly injured.

If you telephone 999 and tell the operator that there is a medical emergency, a response vehicle will be sent to your location.

**When and Why?**

Emergency services are very busy. They should only be used in very serious or life-threatening situation.

Choosing well ensures that essential treatment is given, in the shortest possible time.



**Cuts.  
Strains.  
Itches.  
Sprains.**

**Ramsey MIU**

They can treat minor illnesses and injuries and give you health advice. Opening times 8am - 8pm.

You do not need an appointment however you can contact them on 811800 before your attendance where you will be seen by an experienced nurse practitioner or GP.

**When and Why?**

If you need medical treatment or advice which does not need a visit to A&E or a medical appointment.

Choosing well ensures you receive the best possible treatment, leaving emergency services to those who need them most.



**Vomiting.  
Ear pain.  
Sore belly.  
Back ache.**

**GP**

You can make an appointment with a doctor for medical advice, examinations and prescriptions.

If you have a serious condition that needs urgent attention outside normal GP Surgery opening hours a GP can be contacted - if you need this service telephone your local surgery and follow the recorded instructions. Please only use this service if urgent and not as an alternative for a routine GP appointment.

**When and Why?**

Make an appointment with your local GP when you have an illness or injury that will not go away.

Choosing well ensures that you get the treatment you need, and reduces the demand on emergency services.



**Diarrhoea.  
Runny nose.  
Painful cough.  
Headache.**

**Pharmacist**

Your local pharmacist can give you advice on illness and the medicines you need to treat them.

**When and Why?**

Visit your local pharmacy when you are suffering from a common health problem which does not require being seen by a Doctor.

Choosing well ensures you get the treatment you need in the shortest possible time, reducing the pressure on essential NHS services.



**Hangover.  
Grazed knee.  
Sore throat.  
Cough.**

**Self-help**

A lot of illnesses can be treated in your home by using over the counter medicines and getting plenty of rest.

**When and Why?**

Self-care is the best choice to treat very minor illnesses and injuries.

Choosing well ensures you receive the rest and recovery you need, meaning busy NHS services can help those who need them most.