

This Easter you can get treatment and advice anytime here...

Self Care

www.nhs.uk

NHS 111

Pharmacist

- This handy guide from NHS South Sefton Clinical Commissioning Group will help you access the right health advice and treatment over the holiday period
- Included is some simple advice on what to do and where to go should you or a member of your family become ill and need medical help
- You can also look after yourself by stocking up on over the counter medicines and repeat prescriptions – but don't over order
- Pull this out and keep it in a safe place. This guide will make sure that you're ready and prepared for whatever Easter has in store for you



GP

GP Out-of-hours

NHS Walk-in Services



For more information visit www.examineyouroptions.info

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If you or your child becomes ill this Easter you can get help here...



Self Care

www.nhs.uk

GP and GP Out-of-hours

- Your GP is available from 8am to 6.30pm weekdays with same day appointments available if necessary
- Ear, nose, throat, chest infections and vomiting & diarrhoea are common over winter. Your GP is there to help if these illnesses are persisting and you are getting concerned
- When the surgery is closed, you can still see a local GP with the GP Out-of-hours service, just call NHS 111 for free and you will be able to speak to a local GP over the telephone or face to face if necessary



NHS 111

Pharmacist

NHS Walk-in Services

You don't need to book an appointment here...



Self Care

www.nhs.uk

NHS 111

Pharmacist

→ **Friendly, confidential, expert advice and treatment of everyday health issues**

→ **Local, in your community**

→ **Open early till late, no appointment needed**

→ **If you don't pay for your prescriptions, ask to join the Care at the Chemist scheme to get free medicines for a range of everyday health issues**

Good Friday 25th March 2016	
ASDA Pharmacy Ormskirk Road, Aintree, L10 3JN Tel: 0151 520 4410	10.30am – 4.30pm
ASDA Pharmacy 81 Strand Road, Bootle, L20 4BB Tel: 0151 955 4120	9am – 6pm
Boots Unit 5, Aintree Retail Park, Ormskirk Road, Aintree, L9 5AN Tel: 0151 523 7349	9am – 6pm
Boots 24-26 Liverpool Road, Crosby, L23 5SF Tel: 0151 924 4338	9am – 5.30pm
Superdrug Pharmacy 36-38 The Esplanade, New Strand, Bootle, L20 4SP Tel: 0151 922 6282	9am – 5.30pm

Easter Sunday 27th March	
Boots 66/68 South Road, Waterloo, L22 0LY Tel: 0151 928 3070	12pm – 2pm
Cohens Chemist 17 Bridge Road, Crosby, Merseyside, L23 6SA Tel: 0151 924 3209	2pm – 4pm
Kelly's Pharmacy 195 Altway, Aintree, L10 6LB Tel: 0151 526 8140	10am – 12pm
Meadows Pharmacy 87-89 Liverpool Road South, Maghull, L31 7AD Tel: 0151 520 3042	12pm – 2pm
Merton Chemist 223 Stanley Road, Bootle, L20 3DY Tel: 0151 922 5761	10am – 12pm
N Nasr Ltd 54-56 Bridge Road, Litherland, L21 6PH Tel: 0151 920 6361	2pm – 4pm

Bank Holiday Monday 28th March	
ASDA Pharmacy Ormskirk Road, Aintree, L10 3JN Tel: 0151 520 4410	9am – 6pm
ASDA Pharmacy 81 Strand Road, Bootle, L20 4BB Tel: 0151 955 4120	9am – 6pm
Boots Unit 5, Aintree Retail Park, Ormskirk Road, Aintree, L9 5AN Tel: 0151 523 7349	11am – 5pm

GP

GP Out-of-hours

NHS Walk-in Services

Care at the Chemist

Free fast expert health advice
at your local pharmacy



For a wide range of everyday illnesses and ailments, Care at the Chemist is the quickest and easiest way to get treatment and expert advice from a health professional.

How does Care at the Chemist work?

The scheme is available to everyone who is registered with a Sefton GP.

1. You will need to visit your pharmacy in person, so that the pharmacist can fully assess your condition - most pharmacies have a private consultation room for this
2. On your first visit you will be asked to register with the scheme, so you will need to take proof of your name and address such as a utility bill, driving licence or credit / debit card
3. When you have been assessed you will be given advice on how to deal with your symptoms and any medication if you need it
4. Sometimes you may still need to see a doctor and if this is the case the pharmacist will let you know

You can ask us about...

Common, everyday illnesses and ailments included in the scheme:

Athlete's foot	Heartburn
Cold sores	Indigestion
Conjunctivitis	Infant colic
Constipation	Insect bites/stings
Contact dermatitis	Mouth ulcers
Coughs & colds	Nappy rash
Cystitis	Nasal congestion
Diarrhoea	Pain
Dry eyes	Scabies
Ear wax	Sore throat
Fever	Sprains & strains
Haemorrhoids (piles)	Teething
Hayfever & allergies	Threadworm
Head lice	Toothache
Headache	Thrush
	Warts & verrucas

For more information email us at communications@sefton.nhs.uk or call 0800 218 2333 www.southseftonccg.nhs.uk

Dental

→ **If you need emergency treatment when your dentist is closed for the holidays you can call 0161 476 9651 from 9am – 1pm & 6pm – 10pm on Good Friday, Easter Sunday and Easter Monday**

Walk-in and receive treatment 365 days of the year here...

Self Care

www.nhs.uk

NHS 111



NHS Walk-in services

→ No need for an appointment

→ All ages can get treatment here

Litherland Walk-in Centre

The walk-in service treats minor illnesses and injuries that do not need a visit to accident and emergency. No matter where you live in Sefton, you can simply drop in without an appointment, early till late.

- Litherland Town Hall Health Centre, Hatton Hill Rd, Litherland, L21 9JN
- Tel: 0151 475 4667
- Open 8am-8pm every day including Good Friday, Easter Sunday and Easter Monday

Pharmacist

GP

GP Out-of-hours

Get answers to hundreds of health questions here...

Self Care

Pharmacist

NHS 111

www.nhs.uk

- Find GPs, pharmacies and dentists in your area
- The largest health website in the country
- Information about hundreds of health issues
- Includes a symptom checker that offers advice if you have a health problem

GP

GP Out-of-hours

NHS Walk-in Services



There are a number of options to help you look after yourself...

Pharmacist

www.nhs.uk

NHS 111

Self Care

- Stock up on over the counter medicines for coughs and colds at home to see you through Easter
- Local pharmacies and www.nhs.uk offer expert advice on health issues
- Make sure you're up to date with your repeat prescriptions from your GP before weekends and bank holidays - but remember not to over order

GP

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NHS Walk-in services



You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobiles.