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| **WHAT TO DO IF YOU FEEL UNWELL** |
| **Can you treat yourself at home?** | **Can you visit a pharmacy for advice?** | **Do you need an urgent, same day GP appointment?** | **Can you wait for a routine GP appointment or GP advice?** |
| Many everyday illnesses can be treated at home. These include:* cough or cold
* upset stomach
* pain or headache
* cuts and grazes
* sore throat (but contact your GP if it lasts for two weeks or more)

Keep a well-stocked medicine cabinet, ensure everything is in date and keep it in a safe place out of the reach of children.Helpful health information and advice is available from [www.nhs.uk](http://www.nhs.uk) which will help you identify conditions and treatments.If you have children, the Healthier Together website will help you to decide what to do if your child is unwell: [www.what0-18.nhs.uk](http://www.what0-18.nhs.uk)Take care of yourself by getting your flu jab and request any repeat medications in plenty of time. | Pharmacists can offer expert advice on medicines and common health problems which may save you a trip to the GP.You don't need an appointment, you can speak in private and they will advise you if you need to see a GP. They can help with things like:* queries about medication dosage, type or suitability plus urgent requests or if related to hospital discharge
* sore eyes (but if this persists, go to an optician)
* coughs, colds and flu
* bites, stings, skin conditions and allergies
* cystitis

The nearest pharmacies are: * Village, 3 Stubbington Green, Fareham, PO14 2JQ
* Everetts, Titchfield, PO14 4RU
* Lloyds Pharmacy, Highlands Road, PO15 6HZ
 | There is same day GP access at the surgery if you require an urgent appointment.Telephone Stubbington Medical Practice on 01329 664231 from 8am.You will be placed on the telephone triage list which means a doctor or nurse will phone you and will provide advice, issue a prescription or make you an appointment.You will need to make sure you are able to give a telephone number where you can be reached.Please do not use this service if you are at work or school and cannot receive a call. | Routine appointments are released 4 weeks in advance and weekly appointments are released daily for a week’s time (i.e. Monday we open up Monday week, but not Tuesday week).Extended hours appointments are available on some days between 7.30am-8am and 6.30pm-8pm and on one Saturday per month. These are either face to face or telephone appointments. These can be booked by phone on 01329 664231 after 9am, visiting the surgery or online [www.stubbingtonmedical.co.uk](http://www.stubbingtonmedical.co.uk) You can also use the website to consult with your GP online for any new symptoms, or changes to existing symptoms. Your details will be reviewed by a GP on eConsult and the surgery will respond by phone, text or email within 48 working hours.Using eConsult can be useful if you experience difficulty obtaining an appointment.  |
| **WHAT TO DO IF YOU FEEL UNWELL** |
| **What can the Practice Nurse treat?** | **Do you need an evening or weekend appointment?** | **Do you have a minor injury?** | **Can you phone NHS 111 or do you need A&E and to phone 999?** |
| Clinics run by nurses include:* health checks and review clinics for asthma, COPD, cardiac, diabetes
* blood tests, blood pressure (including 24 hour reviews), cardio memos, dopplers, ECG
* well women including HRT check, pill check, depo, smear
* dietary advice
* Injections including prostrap, denosumab, nebido, shingles, B12, hepatitis B, travel vaccinations, childhood immunisations
* dressings
* suture removal
* compression stocking measurement

Please speak with a receptionist to ensure you are booked for the correct amount of time for your needs, and with an appropriately trained member of the team. | If your commitments mean you need a routine GP appointment at the weekend, early morning or in an evening, these are available and are bookable in advance.To use this GP extended hours service, please visit or phone the surgery on 01329 664231 from 9am and the receptionist will be able to tell you the time, date and venue options.Local GP Extended Hours timetables:* Fareham Community Hospital, Brook Lane, SO31 7DQ

Monday – Friday, 6:30pm-10:30pm* Fort Medical Centre, Forton Road, Gosport, PO12 3JP

Saturday and Sunday, 8am-10:30pm* Portchester Health Centre, West Street, PO16 9TU

Saturday and Sunday, 8am-10:30pmWith your consent, the clinician you see will have access to your medical records. | Don’t go to A&E if you have a minor injury.The Minor Injuries Units can help with:* sprain, strains and broken bones
* wound infections
* minor burns and scalds
* bites and stings
* minor head injuries
* minor eye injuries
* injuries to the back, shoulder or chest

The closest Minor Injuries Units are: * Gosport War Memorial Hospital, Bury Road, Gosport, PO12 3PW
* St Mary's Treatment Centre, Milton Road, Portsmouth, PO3 6DW

(St Mary's can see minor illnesses as well as minor injuries) | Calling 999 or going to A&E are for critical or life-threatening situations. A&E provides emergency care for people who are badly injured or show the symptoms of serious illness, such as: * loss of consciousness
* persistent, severe chest pain
* breathing difficulties
* severe bleeding that can’t be stopped
* suspected heart attack or stroke
* severe allergic reaction
* suspected sepsis

A&E Department, Queen Alexandra Hospital, Cosham, PO6 3LYCall NHS 111 when you:* don't know who to call for help
* need information about a health issue
* need help to decide if you need A&E or another urgent care service

NHS 111 is available 24 hours a day and you will be helped by a trained adviser who can connect you to a nurse, dentist or GP and send an ambulance if needed. |

 Stubbington Medical Practice, Park Lane, Stubbington, PO14 2JP. Telephone: 01329 664231, Website: [www.stubbingtonmedical.co.uk](http://www.stubbingtonmedical.co.uk)