

# Let's look after each other this winter

When we are unwell it's important we go to the right place so that we can get help as quickly as possible. A&E can get really busy, so if it's not an emergency we need to know where else we should go.

The NHS takes care of lots of people, especially in the cold winter months when people are more likely to get poorly. Here are the different places people can go for help depending how serious it is:

## Pharmacy

A pharmacy is a shop which can provide medicine and help you when you feel a little bit poorly, like when you have a cough or a cold. If they think you need more help they can help you see a doctor or nurse.

## GP

Your GP is a doctor who can treat lots of common illnesses, and you have to make an appointment to see them. Sometimes they need to examine you to work out what the problem is so they can help.

## NHS 111

You should search 'NHS 111' online or call 111 if you need urgent medical help but don't know what to do. There are experts there to help you all day, every day.

## A&E

You should go to A&E (also known as emergency department) or call 999 if you suddenly have something really wrong with you. This could be a broken bone, breathing difficulties or bleeding lots.

## Poster Competition

Using what you've learnt from this worksheet, can you design a poster so people know when they need to go to A&E - when something is really wrong and they need help right away?

Complete the maze

Aggie noticed a rash yesterday and it's still feeling itchy. Can you complete the maze and get her to the pharmacy?

There are lots of reasons Aggie might need help this winter. Can you match what's wrong with Aggie with where she should go:

