

 <p>Can you treat yourself at home?</p>	 <p>Can you visit a pharmacy for advice?</p>	 <p>Do you need an urgent same day GP appointment?</p>	 <p>Can you wait for a routine GP appointment or need GP advice?</p>
<p>Many everyday illnesses can be treated at home. These include:</p> <ul style="list-style-type: none"> *cough or cold *upset stomach *pain or headache *cuts and grazes *sore throat (but contact your GP if for two weeks or more) <p>Keep a well-stocked medicine cabinet, ensure everything is in date and keep it in a safe place out of the reach of children.</p> <p>Helpful health information and advice is available from www.nhs.uk which will help you identify conditions and treatments.</p> <p>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</p> <p>Take care of yourself by getting your flu jab and ask for any repeat medications well ahead of bank holidays.</p>	<p>Pharmacists can offer expert advice on medicines and common health problems which may save you a trip to the GP.</p> <p>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:</p> <ul style="list-style-type: none"> *queries about medication dosage, type or suitability plus urgent requests or if related to hospital discharge *sore eyes (but if persists go to an optician) *bugs and viruses: nasty coughs, colds and flu *bites, stings, skin conditions and allergies *cystitis <p>Nearest pharmacies are:</p> <ul style="list-style-type: none"> *Everetts, Titchfield, PO14 4RU *Lloyds Pharmacy, Highlands Road , PO15 6HZ *Fareham Pharmacy, Highlands Rd, PO15 6HZ (open 7:30 - 22:30) *Lloyds Pharmacy, Bishopsfield Road, PO14 1LW 	<p>There is a same day GP access service based at the Fareham Community Hospital, Brook Lane, Sarisbury Green, SO31 7DQ.</p> <p>This is for patients of the Sovereign Health Network which includes Jubilee, Highlands and Whiteley Surgeries.</p> <p>Telephone the Jubilee surgery on 01329 844220 from 8am.</p> <p>You will be placed on a telephone triage list which means a doctor or nurse will phone you and will provide advice, issue a prescription or make you an appointment.</p> <p>You will need to make sure you are able to give a telephone number where you can be reached.</p> <p>Please do not use this service if you are at work or school and cannot receive a call.</p>	<p>Routine appointments are released 4 weeks in advance and can be booked by phone after 10am 01329 844220, by visiting the surgery or booking online.</p> <p>25% of surgery appointments are bookable online www.jubileesurgery.co.uk</p> <p>Phlebotomy (blood test) is also bookable on-line.</p> <p>You can also use the website to consult with your GP online for any new symptoms, or changes to existing symptoms.</p> <p>By completing an on-line form your details will be reviewed by a GP on E-Consult and the surgery will respond and contact you by phone, text or email within 48 working hours.</p> <p>Using E-Consult can be useful if you experience difficulty obtaining an appointment. If you need help with on-line services, please contact the Patient Participation Group (PPG) who will be pleased to help. ppgchair.jubilee@gmail.com or phone Suzy Jackson 07532 168454</p>



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/Respiratory/ Spirometry/ COPD, Cardiac, Diabetes, Stop Smoking
 * Blood tests, Blood Pressure (including 24hr reviews), Cardio memos, Dopplers, ECG
 * Well women including HRT, Pill, Depo, Smear,
 *Dietary advice including Glucose and Cholesterol
 *Injections including Prostrap, Denosumab, Nebido, Shingles, B12, Hepatitis B, Travel Vaccinations, Childhood immunisations
 *Dressings
 *Suture removal
 *Ear syringing
 *Compression stocking measurement
 *Urinary catheterisation

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 01329 844220 from 10am and the receptionist will be able to tell you the time, date and venue options.

GP Extended Hours timetable:
 Fareham Community Hospital, Brook Lane, SO31 7DQ
 Monday – Friday 6:30pm-10:30pm
 Fort Medical Centre, Forton Rd, Gosport, PO12 3JP
 Saturday and Sunday 8am-10:30pm
 Portchester Health Centre, West St, PO16 9TU
 Saturday and Sunday 8am-10:30pm

With your consent, the clinician you will 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 at Gosport War Memorial Hospital, Bury Rd, Gosport PO12 3PW and St Mary's Treatment Centre, Milton Rd, 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.

- *loss of consciousness
- *persistent, severe chest pain
- *breathing difficulties/not breathing at all
- *severe bleeding that cannot be stopped
- *suspected heart attack or stroke
- *severe allergic reaction
- *suspected sepsis

A&E Department, Queen Alexandra Hospital, Cosham, PO6 3LY

IF YOU ARE UNSURE, CALL 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.