

Information for GP websites

2 January 2024

Local health services

If you need help from your GP or another member of the practice team over the festive period, we are open every weekday from 8am until 6.30pm, except for bank holidays when we are closed. Please contact us if you have a health condition that needs checking or an illness that won't go away.

Junior doctors will be on strike from 7am on Wednesday 3 January to 7am on Tuesday 9 January. This means that all NHS services, particularly hospitals, will be under severe strain. But please don't put off seeking medical help if you need it. Here is a reminder of what local services are available:

- The **NHS website** – www.nhs.uk has lots of advice to help you to look after yourself when you have minor symptoms. There is also information about what is a serious medical emergency.
- If your child is feeling unwell, the **Healthier Together website** has advice about some common symptoms, how to look after your child at home and when to get further help.
- Drop in to a **pharmacy** for health advice or information about your medicines. A pharmacist can help you to deal with a cough, cold and lots of other winter illnesses.
- If you need help urgently, use **NHS 111 online** (www.111.nhs.uk) or call 111. Your symptoms will be assessed, and you will be given advice or an appointment to see a doctor or nurse if this is needed. NHS 111 can also send an ambulance and can book an appointment for you in some services like urgent treatment centres. Using 111 online means you won't have to wait on the phone.
- If you are in a mental health crisis, call NHS 111 and get straight through to mental health help by selecting **option 2**.
- You should call **999** in a [life-threatening emergency](#). Life-threatening emergencies are different for adults and children.
- Do not visit anyone in a hospital or care home if you have recently had diarrhoea or vomiting. Stomach bugs are easily spread, make already ill people very seriously unwell, and can lead to whole hospital wards being closed. Please wait 48 hours after your last bout of sickness or diarrhoea before visiting anyone who is vulnerable.

More information on these services and self-help advice can be found at: <https://hertsandwestessexics.org.uk/help-us-help>