

How to access healthcare while on holiday in Suffolk

The local NHS and Visit Suffolk welcome you to the county and wish you a very enjoyable stay here.

If you feel ill during your stay and need emergency or urgent treatment, please follow the guidance below to help you get the right care quickly.

NHS 111 can help if you have an urgent medical problem and you're not sure what to do:

- Go to [nhs.uk](https://www.nhs.uk) (for people requiring treatment aged 5 and over only)
- Call 111
- NHS 111 is available 24 hours a day, 7 days a week
- If you're deaf and want to use the phone service, you can use the NHS 111 British Sign Language service: NHS 111 (BSL) interpreter service or call 18001 111 on a textphone

If you have forgotten your prescription medication, ask your GP surgery back home to send a prescription to a nearby pharmacy.



Remember to use sun cream and stay hydrated in hot weather. Keep any prescription medication you might need with you.

You can find the nearest pharmacy by searching for **Find a pharmacy** online and clicking on the NHS link.

If you do not have internet access, please ask your accommodation provider where the nearest pharmacy is.

Local pharmacies can help with a number of minor ailments such as: coughs, colds, sore throats, eye irritation, hay fever, tummy troubles, aches and pains, constipation, diarrhoea, insect bites and stings, sunburn, blisters and minor cuts and grazes.

999 and A&E are emergency services and should only be used for life or limb-threatening serious illness or injury. Please help others by avoiding calling 999 or visiting A&E unless it really is necessary. This means that people who need emergency care can get it as quickly as possible.

Respect the water

The Coastguard can be called via 999 if someone is in difficulty in the sea.



If you have coronavirus or coronavirus symptoms

Remember, if you have symptoms of coronavirus you must not walk into your GP practice, pharmacy or hospital. If you need help in an emergency please tell the 999 call taker if you either have coronavirus or symptoms of coronavirus, and mention this to paramedics when they arrive.

The advice for people with suspected coronavirus remains the same: stay at home and self-isolate. If you think you have the symptoms of coronavirus, such as a high temperature, loss of taste or smell or a new continuous cough, please use the **online NHS 111 coronavirus service** that can tell you if you need medical help. If you are unable to use online services then you should call NHS 111.

For the latest local COVID-19 information please visit:
www.sneevaccine.org.uk



For more advice and information, please visit: **sneewellbeing.org.uk/summer**