

# Bradford Student Health Service



## Coughs & Colds

### CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

### BIN IT

Germs can live for several hours on tissue bin it as soon as possible.

### KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

## Flu vaccinations

Don't wait until there is a flu outbreak this winter:

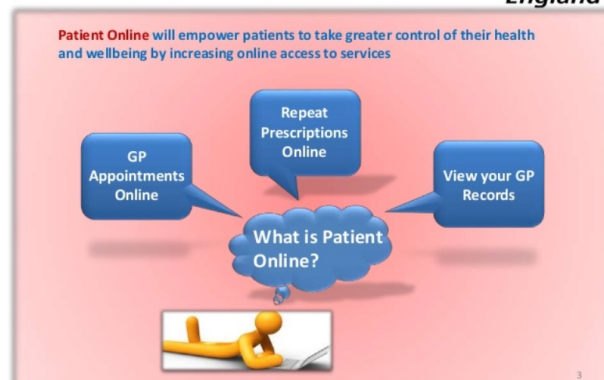
Contact us on 01274 371380 now to find out if you are eligible for a free flu jab and make an appointment.

## Meningitis C

All Freshers aged between 16-25 years are advised to have a Meningitis C vaccination to boost their immunity as soon as possible after starting University.

Contact us on 01274 371380

## What is Patient Online



## Patient Online

Patient online gives patients the option to make appointments, order repeat prescriptions and view their electronic medical record online, using their computer, tablet or smartphone rather than having to visit their practice. Online services will compliment and not replace the existing ways patients access appointments, prescriptions and their records.

Patient online will empower you to take greater control of your health and wellbeing by increasing online access to services. You have been telling us that you want to be offered more convenience, choice and control in how you access GP services. You also want to be informed and involved in decision making about your own care and treatment.

Evidence shows that patients who are informed and involved in their own healthcare have better outcomes and are less likely to be admitted to hospital.

Please contact us to find out more about accessing online GP services such as appointment booking, repeat prescriptions and access to your own patient record.

## Winter Pressures

The NHS is supporting practices in offering Saturday morning surgeries. The rational is to ease pressure on emergency services by ensuring patients are seen by GP's rather than attending A & E departments inappropriately. Our practice is one of many local practices taking part. You can make an appointment to see a Dr or book a telephone consultation by ringing the Health Centre on 01274 371380. Remember A & E departments are for emergencies only.

## Keep warm...Keep well



when it's less  
urgent than 999

### Emergency and urgent care services

You should use the NHS 111 service if you urgently need medical help or advice but it's not a life threatening situation.

Call 111 if:

- You need medical help fast but it's not a 999 emergency
- You think you need to go to A & E or need another NHS urgent care service
- You don't know who to call or you don't have a GP to call
- You need health information or reassurance about what to do next

For less urgent health needs, contact your GP or local pharmacist in the usual way.

### Useful contacts

Counselling service 01274 235750

Students union 01274 233300

Information Shop for Young People 01274 432431

Sexual Health Clinic  
01274 200024

NHS Choices [www.nhs.uk](http://www.nhs.uk)

Keeping warm in the winter months can help you stay well and help prevent colds, flu and more serious illnesses. The chances of these problems are higher if you suffer from certain long term conditions. Flu is a highly infectious illness that can spread rapidly. You may be entitled to a free flu vaccination if you're at risk of complications from flu. Please contact the health centre to see if you are eligible.

### Pharmacy First

Recent surveys show that 57 million GP appointments, and up to a third of A & E attendances each year are used by people with common ailments or medicine-related problems. These are problems which could have been dealt with in the community pharmacy instead of taking up precious time in doctors' surgeries and hospitals. A new scheme launched in Bradford will now help people make the right choices when it comes to their health, meaning they will be able to access the right treatment faster. Pharmacy First is a service funded by NHSE Bradford City Clinical Commissioning Group (CCG) which will provide local people with rapid access to a pharmacist who can give advice and support and, where necessary, can also dispense medicines without the need for a doctor's appointment.

The scheme will relieve pressure on GPs' appointment schedules meaning patients with more urgent or serious needs can see their doctor sooner.

Common ailments covered by the scheme are:

Athletes foot	Cough	Earache
Fever	Hay fever	Sore throat
Blocked nose.	Cold	Teething
Threadworms	Thrush	

These are all conditions which can often be treated without the need to see a GP, and some pharmacies have consultation rooms for people who want to speak in private. The service is available at pharmacies throughout Bradford City and is available to anyone who is registered at a City GP practice. Patients exempt from paying prescription charges will, if necessary, be supplied medicines free of charge.



