



# ARE YOU WINTER READY?

## WHERE TO GO WHEN YOU'RE ILL



VISIT YOUR LOCAL PHARMACY FOR TREATING THE COMMON COLD



TAKE PARACETAMOL OR IBUPROFEN TO LOWER A HIGH TEMPERATURE AND RELIEVE ACHES IF NECESSARY



SEE YOUR FAMILY DOCTOR FOR ALL NON URGENT ILLNESS

REGISTER WITH YOUR LOCAL GP.



THE DOCTOR OUT-OF-HOURS SERVICE IS A HIGH QUALITY CLINICAL SERVICE FOR URGENT CARE.

IT IS AVAILABLE

6PM - 8AM MON-FRI & WEEK ENDS



EMERGENCY DEPARTMENTS TREAT SERIOUSLY ILL PATIENTS.



THOSE WITH LESS SEVERE INJURIES AND SYMPTOMS MAY HAVE TO WAIT TO BE SEEN IN EMERGENCY DEPARTMENTS

THE OUT OF HOURS CONTACT NUMBER FOR THIS GP PRACTICE IS

KNOW THE NUMBER AND BE WINTER READY

[undertheweather.ie](http://undertheweather.ie) | [hse.ie](http://hse.ie)

A message brought to you by the Dublin Midlands Hospital Group in association with Tallaght Hospital