

## Our A&Es are busy – please look after yourself in this weather

Health issues related to the current warm weather are causing our A&Es to be busier than usual, with waits of up to 11 hours in A&Es at the moment.

A&E is for life threatening emergencies. There are lots of NHS services that can help you. Knowing where to go, and when, will help you get the right care when you need it.

Your local high street pharmacy can provide advice and over the counter medication to help with hayfever. You can also contact your GP surgery or call 111 when your GP is closed.

**Feeling unwell? Choose the right NHS service for you** 

Self-care	Pharmacy	GP surgery	111 online & freephone	Urgent treatment centre	A&E or 999	Mental health
<ul style="list-style-type: none"><li>Headache</li><li>Coughs</li><li>Grazes</li><li>Stings</li><li>Colds</li></ul>	<ul style="list-style-type: none"><li>Blood pressure check</li><li>Painful cough</li><li>Diarrhoea</li><li>Sticky eye</li><li>Rashes</li></ul>	<ul style="list-style-type: none"><li>Injuries that won't go away</li><li>Generally unwell</li><li>Backache</li><li>Vomiting</li></ul>	<ul style="list-style-type: none"><li>Urgent medical help</li><li>Unsure where to go</li></ul>	<ul style="list-style-type: none"><li>Minor burns</li><li>Sprains</li><li>Strains</li></ul>	<ul style="list-style-type: none"><li>Severe bleeding</li><li>Blacking out</li><li>Chest pain</li><li>Choking</li></ul>	<ul style="list-style-type: none"><li>Crisis support phone lines</li><li>Self refer to talking therapies</li></ul>

[\[Read more here\]](#)

In this warm weather, when we also have a very high pollen count at the moment, make sure you follow our top tips to prevent yourself becoming unwell.

### Tips for coping in hot weather

- Keep out of the heat if you can.
- If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.
- Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.
- Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down.

### Tips if hot weather sets off your asthma

- Keep taking your regular preventer inhaler so you're less likely to get symptoms. And carry your reliever inhaler with you at all times so you're ready if symptoms do come on.
- Go for regular asthma reviews to check you're on the right meds for you, and you're taking your inhalers in the best way to get the benefits through the summer months.

- Use your written asthma action plan so you know what to do if hot weather triggers symptoms.
- If you're using your reliever inhaler three or more times a week, or you've noticed the hot weather's made your symptoms worse, book an extra catch-up with your doctor or asthma nurse.
- Keep inhalers in a cool place out of direct sunlight so they continue to work well. Try keeping your reliever in a cool bag when you're out and about on a hot day. Don't add any ice to the bag though, because your inhaler needs to be kept dry.
- Keep an eye on pollen forecasts and find out more about why staying on top of your hay fever symptoms with antihistamines is good for your asthma too.
- Plan any outdoor activities for earlier in the day when the air quality tends to be better, including exercise.

### **Tips if you have hayfever**

- Your local high street pharmacy can help with advice and over the counter medicine around hayfever.
- Wear wraparound sunglasses to stop pollen getting into your eyes
- Shower and change your clothes after you have been outside to wash pollen off
- Stay indoors whenever possible and keep windows and doors shut as much as possible
- Vacuum regularly and dust with a damp cloth
- do not cut grass or walk on grass or keep fresh flowers in the house
- do not smoke or be around smoke – it makes your symptoms worse
- do not dry clothes outside – they can catch pollen