Where to go if you are ill this Winter

Follow our simple guide to help you access the right healthcare service nearest to you and stay safe and well this Winter.

1. Start by looking after yourself

Did you know everyday illnesses like colds, coughs and sore throats don't need an antibiotic? Most colds can be treated at home. Visit www.undertheweather.ie to find out what you can do to help yourself and your family.

2. Your local pharmacist can help

Your pharmacist can provide the appropriate advice for aches, pains or the common cold. If your symptoms persist you should contact your GP or Shannondoc, the Midwest out of hours GP service.

3. Visit your GP or out of hours GP

Visit your GP during normal surgery hours for advice on medical illnesses. Confirm with your GP how you can access out of hours GP services if needed. Shannondoc provides GP out of hours services in the Midwest.

4. Injury Units for minor injury, you will be treated quickly

Injury units treat broken bones, dislocations, sprains, strains, wounds, scalds and minor burns in patients age 5 and upwards. You are seen faster and are unlikely to need admission to hospital.

5. Emergency Department (ED)

The ED at University Hospital Limerick treats seriously ill patients. If you are concerned or worried your life may be at risk, come to the ED. Those with less severe symptoms may have to wait to be seen in the ED.

Be Winter Ready

Visit www.undertheweather.ie www.hse.ie/winter

@ULHospitals @CommHealthMW

HSE Seirbhís Sláinte Níos Fearr á Forbairt | Building a Better Health Service

Where to go if you are ill this Winter

Keep for Reference: Your Important Contact Numbers

My GP

Write in the number ..... for your GP here

Shannondoc GP out of hours

t: 1850 212999 • 6pm-8am, Mon-Fri 24 hours at weekends and public holidays • **www.shannondoc.ie**

Injury Units

Ennis Injury Unit, t: 065 686 3121 • 8am-8pm • 365 days / year
Nenagh Injury Unit, t: 067 42311 • 8am-8pm • 365 days / year
St.John's Injury Unit (Limerick City) t: 061 462132
8am-6pm • Mon-Fri • **www.hse.ie/injuryunits**

Emotional support services

If you are feeling emotionally distressed, and your GP is unavailable, you can contact the Samaritans,
t: 116123 (Free) • **Text** 087 260 9090
www.samaritans.org or Pieta House • **t:** 1800 247 247

Ambulance, An Garda Siochana, Fire Service, Coast Guard t: 999 or 112

Emergency Department, University Hospital Limerick:
t: 061 588611 or 061 482120 • Open 24/7 365 days / year

Be Winter Ready
Visit www.undertheweather.ie www.hse.ie/winter
@ULHospitals @CommHealthMW
A message from UL Hospitals Group and HSE MidWest Community Healthcare

HSE Seirbhís Sláinte Níos Fearr á Forbairt | Building a Better Health Service