



North Central London
Health and Care
Integrated Care System



Your Local Health Team

Top tips for staying well



EasyRead version



We are your local health team.



We help people living in Barnet, Camden, Enfield, Haringey, and Islington.



Your local health team includes GPs, pharmacists, and care coordinators.



We want to help you and your family stay well.



This leaflet is about some things you can do to stay well.



Knowing who you can ask for help can get you care faster.



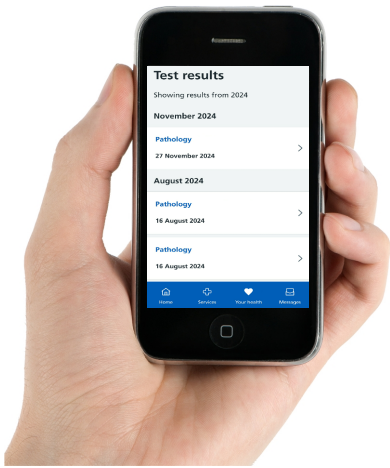
Get the care you need

Your GP and pharmacist offer many services.



You can use the NHS App to:

- order repeat prescriptions



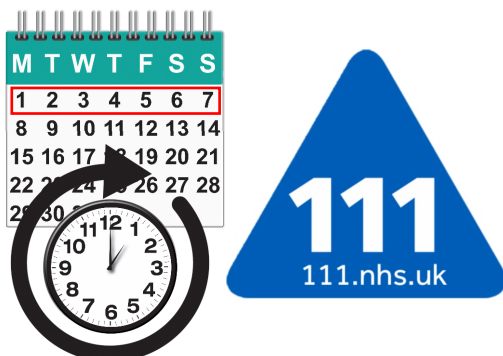
- check your test results.



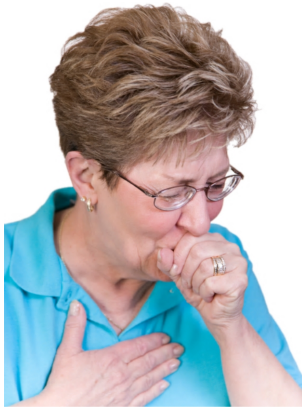
If you are worried about how you are feeling and you are not sure what help you need call 111.



Or go to **111.nhs.uk**



The NHS 111 phone and website are always open.



Protect yourself and your family with vaccinations

Vaccinations can protect you from serious illnesses.



Keep up to date with vaccinations.



Ask your GP if your vaccinations are up to date.



Keep well

You can treat minor illnesses at home.



Ask your pharmacist for help.

They can give you medicine and advice.



They will tell you if you need to see your GP instead.



Meet your local health team

Your health team includes your GP, your local pharmacist, and your care coordinator.



To find out how they can help you, ask your GP practice.



You can contact your GP practice in 3 ways:

- call on the phone



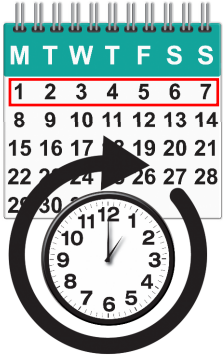
- look online



- visit them.



To find out more about your local health team, you can watch videos online at nclhealthandcare.org.uk/localhealth



Remember, the NHS phone and website are always open.



Phone 111



Or go online at **111.nhs.uk**

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