

Stay healthy during London 2012



We want everyone who comes to the London 2012 Olympic and Paralympic Games to have a happy, safe and healthy experience. This leaflet provides information about the health services available while you are here and tips on staying well during your visit.

Where can I get medical treatment or advice?

If you are ill or injured during the London 2012 Games, choosing the right service will mean that you will get the quickest and most accessible treatment.



For health information and advice choose NHS Choices



For face to face health advice and medication choose a Pharmacy



For an illness or injury that requires immediate treatment choose a walk in service



For major accidents or serious illness choose Accident and Emergency

Find your nearest health service at

www.nhs.uk/London2012



NHS Choices for information and advice:

Many illnesses and injuries can be treated at home without the need to see a doctor or a nurse. To find a health service or for information about a minor illness or injury and how to treat it visit NHS Choices **www.nhs.uk/London2012**

Treatment for illnesses or injuries such as:

- Coughs and colds
- Simple cuts and grazes
- Headaches
- Sunburn
- Hangover
- Mild indigestion or stomach ache

Key features of service

- Available 24 hours a day, 7 days a week
- Accessible on the internet
- Translation service available
- Access to NHS Direct – a health advice line available 24 hours a day, 7 days a week



Where can I get medical treatment or advice?



Pharmacies for advice and medication:

You can visit a pharmacy without an appointment for advice about a minor illness or injury and the medicine you need to treat it. At pharmacies and most supermarkets you can buy many medicines and healthcare products, such as paracetamol, ibuprofen, antacids, emergency contraception, plasters, bandages and sunscreen.

For your nearest pharmacy visit
www.nhs.uk/London2012

Treatment for illnesses or injuries such as:

- Eye and ear infections
- Diarrhoea and vomiting
- Coughs, colds and fevers
- Minor allergies such as hay fever
- Rashes and sunburn
- Emergency contraception

Key features of service

- Available on most high streets
- No appointment required
- Face-to-face advice



Walk-in services for treatment for an illness or injury:

The NHS provides a range of walk-in services such as urgent care centres, walk-in centres and minor injuries units. Walk-in services offer convenient access to a range of treatments. Many centres are open 365 days a year and outside normal office hours. You can see a health professional without an appointment for treatment for a minor illness or injury that requires immediate attention. You can get treatment and care at a walk-in centre, urgent care centre or minor injuries unit.

For your nearest walk-in service visit
www.nhs.uk/London2012

Treatment for illnesses or injuries such as:

- Minor illnesses and infections
- Muscle injuries such as sprains and strains
- Minor cuts and wounds
- Minor burns

Key features of service

- No appointment necessary
- Treatment by a nurse or doctor (dependent on the centre visited)

Stay fit and healthy during London 2012



Accident and Emergency (A&E) for emergency hospital treatment:

Hospital Accident and Emergency or A&E provide urgent treatment for serious, life-threatening conditions. You should travel to A&E yourself if you can. At A&E, the most seriously ill patients will be seen first. If your illness or injury is not an emergency you may have to wait a long time for treatment.

If you or someone else is seriously ill or injured, for example they have collapsed or can't breathe, dial 999 or 112 for an ambulance.

For your nearest A&E department visit www.nhs.uk/London2012

Treatment for illnesses or injuries such as:

- Severe burns
- Severe allergic reactions
- Heavy bleeding
- Broken bones
- Chest pain
- Difficulty breathing
- Suspected stroke
- Choking
- Blacking out

Key features of service

- Treatment of a serious injury and illness in an emergency

Remember **ONLY** call **999** or **112** in an emergency.

For non emergency health advice call **NHS Direct** **0845 4647** 24hrs a day, 365 days a year.



Enjoy the sunshine safely

When the sun shines during the London 2012 Games remember to:

- Apply generous amounts of at least SPF 15 sunscreen and top it up regularly
- Stay out of the sun and seek shade between 11am and 3pm when the risk of burning is highest
- Wear a hat and choose clothing that will keep you cool and covered



Eat well

If you are eating out during the Games, it is important to take care over what you eat. Make sure that:

- Any cooked food you eat is thoroughly cooked, kept steaming hot and is separated from raw food.
- Any cold food that you eat has been kept chilled in a chiller or cool box.



Stay hydrated

Make sure you drink plenty of water or other soft drinks during the day so that you stay hydrated. If you're heading to a London 2012 sports event or ceremony there are restrictions on taking liquids into venues. Drinking water will be available inside – for details, visit the London 2012 website.

While public transport is a great way to get around, it can get hot and stuffy, especially on the London underground, so carry water with you on journeys.



Drink sensibly

If you are drinking alcohol, don't let it get in the way of you enjoying the Games. Make sure you eat well and drink water or soft drinks in between alcoholic drinks – that way you won't risk missing any of the action.





Travel Well

If you are out and about all day, whether travelling between venues, seeing the sights or climbing stairs at tube and train stations, you will probably be doing a lot of walking. Make sure you bring comfortable shoes and plasters for blisters. Public transport is likely to be very busy during the Games, so plan your journey in advance and allow extra time to get to your destination.

In London, you can visit

www.tfl.gov.uk/journeyplanner
to plan your route.

Spectators looking for up to date travel information should visit:
www.getaheadofthegames.com

Or if you are outside of London, you can visit www.transportdirect.info

Only use licensed taxis or minicabs booked on the phone or in a minicab office.



Carry your medication with you

If you need medication, carry it with you at all times and try and keep it in a secure place.



Before you set off for your day out remember:

- A bottle of water for your journey
- Any medication you need
- Healthy snacks
- Sunscreen minimum SPF 15* and a hat
- Travel information and maps
- Games information and tickets
- Oyster card or travel pass
- Comfortable walking shoes
- Waterproofs
- Any health insurance details

* Please remember that containers of liquid taken into Games venues must hold no more than 100ml.

Your checklist for a healthy London 2012



Useful information

NHS Choices
www.nhs.uk/London2012

London 2012
www.london2012.com

Public Transport in the UK
www.transportdirect.info

Transport for London
www.tfl.gov.uk

Up to date Games travel information
www.getaheadofthegames.com

My nearest service