



Hilderstone College

English Studies Centre

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What you should do if you feel ill

In the UK we don't automatically go to a hospital for a minor illness like influenza, a bad cough or stomach ache. We have other options.

The Chemist / Pharmacy

For problems like **headaches, migraines, stomach aches, fever, period pains, muscle pains, insect bites, constipation and diarrhea etc**, we would go to the pharmacy first. They will suggest an "over-the-counter" solution to your problem. If it is more serious, they can advise you about seeing a doctor.

The Family Doctor

If your problem continues or gets worse, you can ask your homestay provider to make an appointment to see their local family doctor. This would include things like a **chest infection, bad ear-ache, skin problems etc**

A&E

If you have had an accident or a sporting injury then you should visit A&E. You may have to wait a long time. However, if your problem is serious or life-threatening, they will treat you more quickly. Other times where you should go to A&E include: **a pain in your lower legs after a flight, an asthma attack and your inhalers are not helping, losing a lot of blood, concussion.**

If you go to A&E, don't forget to take proof of your **medical/travel insurance as well as your passport or ID card**. They usually prefer paper copies to an email. So it is a good idea to print out your insurance certificate.