

## Local NHS services

If you are unwell there are range of different services you can use locally. Local Pharmacies can offer advice on a range of common conditions, including coughs, colds, hay fever, skin conditions and stomach upsets. There are Minor Injury Units in Doddington and Wisbech who can help with a range of minor illnesses and injuries such as sprains, broken bones, minor burns and scalds, minor head and eye injuries, bites and stings. You can find opening times and addresses here:

<https://www.cambridgeshireandpeterboroughccg.nhs.uk/your-health-and-services/minor-injury-units-and-urgent-treatment-centres>

If you need urgent or emergency healthcare please call NHS 111, who can offer a translation service, or visit <https://111.nhs.uk/>.

### **New to the UK vaccination [leaflet](#) for migrants**

This information is for anyone who has moved to the UK and advises them on the need to register with a GP to get up to date with their routine vaccinations. It explains the vaccines that at-risk people with health conditions, pregnant women, infants, children and older adults need and the diseases this will help protect them from. It also signposts to the health services and where to get assistance and how to use the services. Available in multiple languages, including [Russian](#) and [Ukrainian](#).

### **MMR for all [leaflet](#) – measles, mumps and rubella**

[Ukrainian](#): Download only

### **TB, BCG and your baby [leaflet](#)**

[Ukrainian](#): Download only

## **COVID-19 vaccination programme resources**

UK Health Security Agency (UKHSA) also have the COVID-19 vaccination programme resources for adults, pregnant women, children aged 12 to 17 and boosters, available in Russian and Ukrainian, to download or order as paper copies.

- **COVID-19 vaccination for people with a weakened immune system** [leaflet](#) [Russian](#) and [Ukrainian](#)
- **COVID-19 vaccination: spring booster** [resources](#) [Russian](#) and [Ukrainian](#)
- **COVID-19 vaccination: [guide](#) for older adults** [Russian](#) and [Ukrainian](#)
- **COVID-19 vaccination: easy read [resources](#), including what to expect**  
All available in [Russian](#) and [Ukrainian](#)
- **COVID-19 vaccination: Easy read guide for pregnant, childbearing or breastfeeding women** [Russian](#) and [Ukrainian](#)
- **COVID-19 vaccination: [guides](#) for children aged 12 to 17 years**  
All available in Russian and Ukrainian.
- **COVID-19 vaccination: [guides](#) for parents and carers of children aged 5 to 11 years**  
All available in Russian and Ukrainian.