

# Be aware of cancer signs and symptoms

Date published: 04 February 2019

It's important to be cancer aware, to know what signs and symptoms to look out for and to get yourself checked if you notice anything which could point towards the disease. Speak to your GP if you experience any symptoms.

## **Vital to detect cancer early**

Detecting [cancer](#) early increases the chances of successful treatment.

With advances in treatment and care over recent years, there is often a lot that can be done to tackle cancer.

But fear of what the doctor might find or feeling embarrassment about symptoms causes some people to put off getting checked.

Set these concerns aside and speak to your GP if you have any signs or symptoms.

## **Signs and symptoms**

Some of the common signs and symptoms you should ask your doctor to check out include:

- coughing up blood or blood-stained phlegm (sputum)
- blood in urine
- blood mixed through a bowel motion
- a change in bowel habit that lasts for more than six weeks
- starting to bleed again after the menopause
- unexplained, significant weight loss (5kg/ 10lbs over a couple of months)
- a lump anywhere on your body
- changes on your skin or to an existing mole (such as itching, bleeding or a change in shape or colour)
- a sore that doesn't heal
- symptoms that refuse to clear up, for example a cough or hoarseness that lasts for more than three weeks
- mouth ulcers that have not healed after three weeks
- food regularly seeming to stick on the way down when you swallow

You can find out more, including what to do if you're concerned, at the following links:

## Reducing the risk

There are many things that you can do to reduce the risk, such as:

- if you [smoke](#), stop
- keep the amount of [alcohol](#) you drink within safe limits
- take regular exercise and aim to keep your weight within the recommended BMI range
- avoid getting [sunburn](#) – use sunscreen and a hat and don't use [sunbeds](#)

As well as being aware of signs and symptoms at all times, you should go for cancer screening if you are invited.

## More useful links

Share this page

## Feedback

Would you like to leave feedback about this page? [Send us your feedback](#)

---

## [Variety of opportunities at Belfast job fair](#)

A job fair is taking place at the Europa Hotel in Belfast on Wednesday 7 February. It brings employers, support organisations and jobseekers together under one roof. The event runs from 10.00 am to 3.00 pm and admission is free.

### Employment opportunities

The job fair has something for everyone and anyone, whether in work, unemployed or simply considering education and training options.

More than 75 employers will take part, including representatives from healthcare, manufacturing, IT, customer services and many more.

A number of advice and training organisations, including the Careers Service and Job Search Services will also be there.

Advice and guidance will be available on a range of training and re-skilling opportunities.

You can find out more at the link below:

Anyone in the market for a new career – or looking for the first step on the ladder – then the job fair is the place to be.

## **More useful links**

Share this page

---

## **[Give your child a helping hand and support their education](#)**

Date published: 29 January 2018

Parents, carers and extended family are being encouraged to give their child a helping hand and support their education. A few simple things can make the world of difference to how children see schoolwork and the progress they make in their school years.

### **How you can help**

Education opens up a world of opportunities for children and young people. Parental involvement and encouragement plays an essential part, from the very early years through to the vital exam stages.

Among the things you can do to help your child in the early years are:

When your child gets older you can:

- show an interest in their day at school
- talk to them about their homework
- help them make the best choices for their future
- help them plan their future education and career

You can find out more information about what you can do in this section:

Actively supporting your child can make a big difference to how well they do at school and to fulfilling their potential.

## **More useful links**

Share this page

## Feedback

Would you like to leave feedback about this page? [Send us your feedback](#)

---

## [Snow and ice weather warning – information and advice](#)

Ice and snow could make surfaces, including untreated roads, pavements and cycle paths, difficult in some areas. Adjust your driving according to the conditions. Reduce your speed and drive with extra care, even when roads have been gritted.

### Weather warning

A [weather warning](#) for snow and ice has been sent out by the Met Office.

Weather warnings from the Met Office let the public and emergency services know about potentially hazardous conditions.

You can find out more about weather warnings on [the Met Office website](#).

### Plan your journey

You should always plan your journey and check the latest weather and travel advice.

If the conditions are bad or a weather warning is in place, ask yourself whether you really need to travel – or if you can delay your journey until conditions improve.

If you must travel, plan your journey carefully.

### Emergency numbers

You should note the following numbers in case of emergency:

- Emergency services – 999 or 112
- Northern Ireland Electricity Networks – 03457 643 643
- NI Gas Emergency Service – 0800 002 001
- Northern Ireland Water Waterline – 03457 440 088
- Flooding Incident Line – 0300 2000 100
- Housing Executive – 03448 920 901

## **Report an issue with snow or ice**

If you want to report an issue with snow or ice, you can do so online at this link:

## **Roads information**

However carefully you plan your journey, things can go wrong. An accident or bad weather could mean that a road is closed for a time.

You can get up-to-date traffic and roads information at the following link:

## **School closures**

You can find information about school closures at this link:

## **Public transport**

You can find the latest information about bus and rail services on the [Translink website](#).

## **Local councils**

If local council services are affected by adverse weather, the latest information should be available on council websites.

## **Frozen or burst pipes**

There is information about how to reduce the risk of frozen pipes and what to do if a pipe bursts at the following link:

## **Health advice and checking on elderly or vulnerable people**

There is information about keeping warm, staying as healthy as possible, and checking in on elderly or vulnerable relatives, friends and neighbours during cold weather on this page:

## **Forests and country parks**

You can find updates about forest and country parks on the [forest news and events](#) or [country parks](#) pages.

## **Power cuts**

If adverse weather causes power cuts, you can get the latest information at this link:

If your power is off and you want to report it or get more information,

contact:

## **Flooding**

If any flooding happens, you can report it by phoning the Flooding Incident Line on 0300 2000 100.

There is general flooding advice on this page:

## **Contact numbers for agriculture or environment issues**

If you have concerns about agricultural issues, animal welfare, water pollution, or rural support you can find contact details on the [DAERA website](#).

## **Drive to suit the conditions**

During adverse weather, you should:

- clear ice off all windows, lights, number plate, and vehicle roof before you set off
- make sure the mirrors are clear and windows are de-misted thoroughly
- use at least dipped headlights in poor visibility
- keep well back from the road user in front
- be extra cautious at road junctions where road markings may not be visible
- be prepared for the road conditions to change over relatively short distances

Even after roads have been treated in winter, driving conditions may remain challenging, especially if the road location and layout mean there is a high risk of ice. Be aware that ice forms more easily on:

- hilly or exposed roads
- roads that pass under or over a bridge
- roads shaded by trees or buildings

Try not to brake suddenly in icy conditions – it may lock up the wheels and you could skid.

If you start to skid:

- release the brake pedal fully or ease off the accelerator
- steer into the skid
- as you straighten, steer back along the road

You can find out more about driving in wintry conditions at this link:

## Check and service your vehicle

You can reduce your chances of breaking down by [regularly servicing your car](#). You should also:

- top up anti-freeze and screenwash
- check for wear and tear on wiper blades (replace them as soon as they start to smear rather than clean windows)
- make sure your battery is fully charged (batteries last between two and four years – replace yours if it's no longer reliable)
- keep tyre pressure at the manufacturer's recommended level and check you have at least 1.6mm across the central three-quarters of the breadth of the tread and around the entire circumference
- wipe dirt and spray off headlamps and make sure all bulbs are working

You can find out more on the [vehicle maintenance page](#).

## Winter kit

During winter you are advised to carry a winter kit in your vehicle. It should include:

- ice scraper and de-icer
- torch and spare batteries (or a wind-up torch)
- in-car phone charger
- warm clothes and blankets
- high-visibility vest or jacket
- boots
- first aid kit
- jump leads for the car battery
- empty fuel can
- a shovel (if there's a chance of snow)
- road atlas
- sunglasses (the low winter sun and glare off snow can be dazzling)
- two reflective warning triangles

If you're planning a long trip or if severe weather is forecast, you may want to also have in your car:

- any medication you need to take regularly
- food and a thermos with a hot drink

## Driving and walking in flooded areas

Do not travel in heavy rainstorms unless absolutely necessary.

In flooded areas, drivers should not:

- enter flood water that is moving or is more than four inches deep
- under any circumstances, drive through fast-flowing water as the car could be swept away

In more shallow but passable water:

- slow down
- avoid creating bow waves which can damage your car engine; and
- remember to test the brakes after leaving the water

Do not attempt to walk through flooded areas. Even shallow water moving fast can sweep you off your feet and there may be hidden dangers such as:

- open drains
- damaged road surfaces
- submerged debris; or
- deep channels which can result in serious injury or, in the worst cases, death

If you do become stranded in flood water and you feel there is a risk to life, dial 999 for emergency assistance.

## More useful links

---

## [Snow weather warning – information and advice](#)

Snow and ice could make conditions hazardous in some areas. Adjust your driving according to the conditions and consider if your journey is necessary. Reduce your speed and drive with extra care, even when roads have been gritted.

### Weather warning

[Weather warnings](#) for snow have been sent out by the Met Office.

Weather warnings from the Met Office let the public and emergency services know about potentially hazardous conditions.

You can find out more about weather warnings on [the Met Office website](#).

### Plan your journey

You should always plan your journey and check the latest weather and travel advice.

If the conditions are bad or a weather warning is in place, ask yourself whether you really need to travel – or if you can delay your journey until conditions improve.



If you must travel, plan your journey carefully.

## Emergency numbers

You should note the following numbers in case of emergency:

- Emergency services – 999 or 112
- Northern Ireland Electricity Networks – 03457 643 643
- NI Gas Emergency Service – 0800 002 001
- Northern Ireland Water Waterline – 03457 440 088
- Flooding Incident Line – 0300 2000 100
- Housing Executive – 03448 920 901
- [Report a fallen tree or blocked road](#) – 0300 200 7891

## Report an issue with ice or snow

If you want to report an issue with ice or snow, you can do so online at this link:

You can also report an issue by phone:

- DfI Roads Northern Division – 0300 200 7891 (emergency after hours 028 7035 3202)
- DfI Roads Southern Division – 0300 200 7892 (emergency after hours 028 3752 9500)
- DfI Roads Eastern Division – 0300 200 7893 (emergency after hours 028 9025 3000)
- DfI Roads Western Division – 0300 200 7894 (emergency after hours 028 8224 1999)

## Roads information

However carefully you plan your journey, things can go wrong. An accident or bad weather could mean that a road is closed for a time.

You can get up-to-date traffic and roads information at the following link:

## School closures

If schools are closed due to the weather, you can find information at this link:

## Public transport

You can find the latest information about bus and rail services on the [Translink website](#).

## Driver & Vehicle Agency test centres

There is some disruption to Driver & Vehicle Agency (DVA) test centres.

If you have an appointment, [contact your test centre](#) to check if it's open or to advise if you can't make the test due to the weather conditions. Your appointment will be rearranged.

## **Frozen or burst pipes**

There is information about how to reduce the risk of frozen pipes and what to do if a pipe bursts at the following link:

## **Cold weather health advice**

There is information about keeping warm, staying as healthy as possible, and checking in on elderly or vulnerable relatives, friends and neighbours during cold weather on this page:

## **Forest and country park closures**

Some forests are closed to vehicle access due to the weather conditions. You can find details on the [forest news and events page](#).

## **Power cuts**

If the adverse weather causes power cuts, you can get the latest information at this link:

If your power is off and you want to report it or get more information, contact:

## **Flooding**

If any flooding happens, you can report it by phoning the Flooding Incident Line on 0300 2000 100.

There is general flooding advice on this page:

## **Drive to suit the conditions**

During adverse weather, you should:

- clear ice and snow off all windows, lights, number plate, and vehicle roof before you set off
- make sure the mirrors are clear and windows are de-misted thoroughly
- use at least dipped headlights in poor visibility
- keep well back from the road user in front
- be extra cautious at road junctions where road markings may not be visible
- be prepared for the road conditions to change over relatively short distances

Even after roads have been treated in winter, driving conditions may remain

challenging, especially if the road location and layout mean there is a high risk of ice. Be aware that ice forms more easily on:

- hilly or exposed roads
- roads that pass under or over a bridge
- roads shaded by trees or buildings

Try not to brake suddenly in icy conditions – it may lock up the wheels and you could skid.

If you start to skid:

- release the brake pedal fully or ease off the accelerator
- steer into the skid
- as you straighten, steer back along the road

You can find out more about driving in wintry conditions at the page below:

## **Check and service your vehicle**

You can reduce your chances of breaking down by [regularly servicing your car](#). You should also:

- top up anti-freeze and screenwash
- check for wear and tear on wiper blades (replace them as soon as they start to smear rather than clean windows)
- make sure your battery is fully charged (batteries last between two and four years – replace yours if it's no longer reliable)
- keep tyre pressure at the manufacturer's recommended level and check you have at least 1.6mm across the central three-quarters of the breadth of the tread and around the entire circumference
- wipe dirt and spray off headlamps and make sure all bulbs are working

You can find out more on the [vehicle maintenance page](#).

## **Winter kit**

During winter you are advised to carry a winter kit in your vehicle. It should include:

- ice scraper and de-icer
- torch and spare batteries (or a wind-up torch)
- in-car phone charger
- warm clothes and blankets
- high-visibility vest or jacket
- boots
- first aid kit
- jump leads for the car battery
- empty fuel can
- a shovel (if there's a chance of snow)
- road atlas
- sunglasses (the low winter sun and glare off snow can be dazzling)

- two reflective warning triangles

If you're planning a long trip or if severe weather is forecast, you may want to also have in your car:

- any medication you need to take regularly
- food and a thermos with a hot drink

## **Driving and walking in flooded areas**

Do not travel in heavy rainstorms unless absolutely necessary.

In flooded areas, drivers should not:

- enter flood water that is moving or is more than four inches deep
- under any circumstances, drive through fast-flowing water as the car could be swept away

In more shallow but passable water:

- slow down
- avoid creating bow waves which can damage your car engine; and
- remember to test the brakes after leaving the water

Do not attempt to walk through flooded areas. Even shallow water moving fast can sweep you off your feet and there may be hidden dangers such as:

- open drains
- damaged road surfaces
- submerged debris; or
- deep channels which can result in serious injury or, in the worst cases, death

If you do become stranded in flood water and you feel there is a risk to life, dial 999 for emergency assistance.

## **More useful links**

Share this page