

Help us help you... use the right service



 Self Care Care for yourself at home Minor cuts & grazes Minor bruises Minor sprains Coughs and colds	 Pharmacy Local expert advice Minor illnesses Headaches Stomach upsets Bites & stings	 NHS 111 Non-emergency help Feeling unwell? Unsure? Anxious? Need help?	 GP Advice Out of hours: Call 111 Persistent symptoms Chronic pain Long term conditions New prescriptions	 UTCs Urgent Treatment Centres Breaks & sprains X-rays Cuts & grazes Fever & rashes	 A&E or 999 For emergencies only Choking Chest pain Blacking out Serious blood loss
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Over the winter months Accident and Emergency Departments at our local hospitals can get very busy. There are many other services that can help if you have a healthcare issue and need NHS help in a hurry...

Minor illness? Ask a pharmacist

Get expert advice on common health problems (coughs, colds, flu, rashes) from your local pharmacist. It may save you a trip to your GP surgery – you don't need an appointment and you can speak in a private area. You'll be advised if they think you need further help.

Minor injury? Find a service near you

You can often be seen more quickly, 7 days a week, for broken bones, sprains and strains, minor cuts and wound infections an urgent treatment centre or minor injuries unit. For details of what's available near you click the 'Find other urgent care services' tab at www.nhs.uk

Not sure? Call NHS111 or go online to 111.nhs.uk if you:

- think you might need to go to the Emergency Department or need another NHS urgent care service;
- don't know who to call for medical help;
- need information about a health issue.

5 THINGS YOU CAN DO

1. Keep the Emergency Department free for those with critical or life threatening conditions.
2. Contact NHS111 or your GP practice if you need same day help. Or try your GP practice website for appointment information or online consultations.
3. Get a flu jab – ask at your surgery or pharmacy.
4. Order repeat prescriptions in good time, particularly ahead of bank holidays.
5. Why not keep a first aid kit handy at home, together with some self-care treatments like pain relief, cold and flu remedies, and decongestants. Remember to keep them out of the reach of children.