

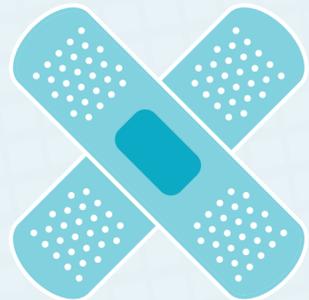
Stay well

Guide to help you choose the right service for you and your NHS



Self-care

Hangover.
Cough. Colds.
Grazes. Small cuts.
Sore throat.



Self-care is the best choice to treat minor illnesses and injuries.

A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.

Pharmacy

Diarrhoea. Earache.
Painful cough.
Sticky eye.
Teething. Rashes.



Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time.

No appointment is needed and most pharmacies have private consulting areas.

GP

Arthritis. Asthma.
Back pain.
Vomiting.
Stomach ache.



GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.

Minor Injuries

Cuts. Sprains.
Strain. Bruises.
Itchy rash.
Minor burns.



Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide non-urgent services for a range of conditions.

They are usually led by nurses and an appointment is not necessary.

A&E/999

Severe bleeding.
Breathing difficulties.
Severe chest pain.
Loss of consciousness.



A&E or **999** are best used in an emergency for serious or life-threatening situations.

NHS 111

If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call **NHS 111**.



24 hours a day
7 days a week

NHS Choices

You can also access health advice and guidance or find your nearest service online through **NHS Choices**.



Visit www.nhs.uk