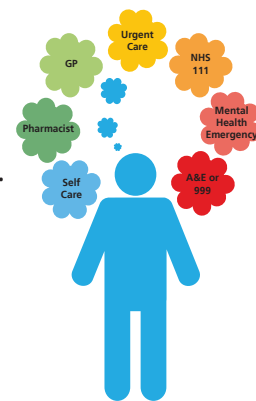


# How to make sure you choose the right care when you are injured or unwell

If you are injured or ill, the NHS provides a range of services to help you get well. You can get faster and better treatment by choosing the NHS service that can best treat your symptoms. This will help us reduce the pressure on services like A&E so they can help those people in most need.

**Remember: A&E is for life threatening illnesses and injuries only.**

Visit NHS Choices [www.nhs.uk](http://www.nhs.uk) for more information



**Choose well.**



<p>Hangover? Grazed knee? Sore throat? Cough?</p>	<p><b>Self care</b> A lot of common illnesses can be treated in your own home by using medicine and getting plenty of rest. It is worth keeping in your medicine cabinet paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy, antihistamine, plasters and a thermometer. For more information visit NHS Choices <a href="http://www.nhs.uk">www.nhs.uk</a></p>	
<p>Diarrhoea? Runny nose? Painful cough? Headache?</p>	<p><b>Pharmacist</b> Your local pharmacist can give you friendly, expert advice about over-the-counter medicines that can help with lots of common conditions, without the need for an appointment. For help finding your nearest pharmacist visit NHS Choices <a href="http://www.nhs.uk">www.nhs.uk</a> or call 0300 311 22 33</p>	
<p>Vomiting? Ear pain? Stomach ache? Back ache?</p>	<p><b>GP</b> Make an appointment with your local GP when you have an illness or injury that will not go away. Get the treatment you need at a convenient time and place and reduce the demand on emergency services. Outside normal surgery hours you can still phone your GP surgery, when you may be asked to call the out-of-hours service on 111. The out-of-hours period is from 6.30pm to 8.00am on weekdays and all day at weekends and on bank holidays.</p>	
<p>Cuts? Strains? Itches? Sprains?</p>	<p><b>Walk-in Centres and Urgent Care Centres</b> If you feel your symptoms cannot wait for a GP appointment but at the same time do not require emergency treatment, Walk-in Centres and Urgent Care Centres are open 24 hours per day. Further information on the nearest services to you can be found by visiting <a href="http://www.nhs.uk">www.nhs.uk</a></p>	
<p>It's not a medical emergency but you need help fast?</p>	<p><b>NHS 111</b> 111 is the new free phone number for when you need medical help fast – but it is not an emergency – when someone needs help to save their life – call 999. The service operates 24 hours per day. 7 days per week, 365 days a year.</p>	
<p>Mental health emergency?</p>	<p><b>Mental Health Services</b> You should call your GP practice if you have a mental health emergency. Outside normal surgery hours you can still phone your GP surgery, when you may be asked to call the out-of-hours service on 111. If you are already having care through a mental health team, contact them directly.</p>	
<p>Chest pain? Choking? Blacking out? Blood loss?</p>	<p><b>A&amp;E or 999</b> For life threatening injuries or illnesses go to A&amp;E or call 999. A&amp;E departments are open 24 hours a day, 365 days a year to treat people with serious and life-threatening emergencies. A&amp;E or 999 should only be used in a critical or life threatening situation. To find your nearest A&amp;E Department please visit NHS Choices <a href="http://www.nhs.uk">www.nhs.uk</a> or call NHS 111.</p>	