

Your health options at a glance:

Do you know your **healthcare** options?

Consider the other options before you visit A&E

- **Your local GP:** Make sure you are registered to get an appointment
- **NHS 111:** You should call the NHS 111 service if you need medical help fast, but it's not a 999 emergency
- **Your local pharmacy:** Many pharmacies are open longer hours and offer expert advice on everyday ailments
- **Walk-in Centres / Urgent Care Centres:** For those slips, trips, itches and sprains
- **NHS Choices:** For conditions, treatments, local services and healthy living. Log onto www.nhs.uk

It's your health service, make sure you make the right choice.



#Choosewellmids





A&E or 999

Accident and Emergency departments should only be used in a critical or life-threatening situation. A&E departments provide immediate emergency care for people who show the symptoms of serious illness or are badly injured.

Choking
Chest pain
Blackout
Blood loss



NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Unwell?
Unsure?
Confused?
Need help?



NHS Walk-in Centre

Open until late with no appointment needed. Can treat minor injuries and illnesses such as: cuts, grazes, minor burns and scalds, bites and stings, strains, sprains and minor eye or ear problems.

Cuts
Strains
Itches
Sprains



Your GP

If you have an illness or injury that will not go away, make an appointment with your local GP. They provide medical advice, examinations and prescriptions. When absolutely essential, GPs can also provide home visits out-of-hours.

Vomiting
Ear pain
Sore belly
Back ache



Pharmacy

Visit your pharmacy when you are suffering from a common health problem that does not require being seen by a nurse or doctor. Your pharmacist can provide advice on common illnesses and the best medicines to treat them.

Diarrhoea
Runny nose
Painful cough
Headache



Self-care

Self-care is the best choice to treat very minor illnesses and injuries. A range of common illnesses such as colds and flu and minor injuries can be treated at home simply by combining a well-stocked medicine cabinet with plenty of rest.

Hangover
Grazed knee
Sore throat
Cough