

Your local NHS services

Think carefully before going straight to the Emergency Department (A&E)

Choose Well so that:

- Busy Emergency Services can help those who need them most urgently
- Essential treatment is given in the shortest possible time
- You get the right treatment in the right place

Be prepared by having essential medicines available in a child safe cupboard such as:

- Pain killing medicine i.e. Paracetamol
- Anti-diarrhoeal medicine
- Rehydration mixture
- Indigestion remedy
- Plasters
- Thermometer

Did you know...?

- One out of every four people who go to A&E could have been treated elsewhere in the community, or could have self-treated.
- 12 per cent of people admit using A&E when they knew there was nothing seriously wrong with them.
- Every time someone goes to A&E and is discharged without needing further treatment, the cost to the NHS is £124.
- Remember A&E and 999 services are for life-threatening and emergency conditions only.

Feeling unwell?

There are a range of NHS services on your doorstep.



Make sure you Choose Well.
Get the right treatment for you and help the NHS to manage its resources.

Choose well

for expert help and advice

Self-care



Self-care is the best choice to treat very minor illnesses, ailments and injuries. A range of common illnesses and complaints, such as coughs, colds, sore throats and upset stomachs and aches and pains can be treated with a well stocked medicine cabinet and plenty of rest.

Some self-care essentials

- Paracetamol
- Anti-diarrhoeal medicines
- Re-hydration mixtures
- Indigestion remedies
- A thermometer

NHS Choices



NHS Choices is a dedicated website where you can find up-to-date and expert advice on a range of illnesses and complaints, as well as find your nearest NHS services, such as GPs, dentists, pharmacists, walk-in centres and so on.

More Information

NHS Choices is available online at www.nhs.uk

Your local pharmacy



Your local high street pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment or go to your A&E.

More Information

To find your nearest local pharmacy, look in your local phone directory, go to www.nhs.uk, or text 'pharmacy' to 64746 to receive three free texts with details of your nearest pharmacies.

Your GP (Family doctor)



If you have an illness or injury that won't go away, make an appointment with your GP. They provide a range of services by appointment and when absolutely essential can make home visits.

More Information

To find your nearest GP (family doctor) service, go to NHS Choices www.nhs.uk

NHS 111



NHS 111 is a free service, available seven days a week, 24 hours a day. It offers help and advice for when it's not a 999 emergency, but you need help and advice fast.

When you dial **111** you will be directed to the best local service for you, to ensure you get fast and effective treatment. For more information go to www.nhs.uk/111

A&E and 999



A&E departments and the 999 ambulance service should only be used in a critical or life-threatening situation. Dialling 999 and stating an emergency situation will result in a response vehicle being sent to your location.

More Information

To find your nearest A&E department, go to NHS Choices www.nhs.uk.