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.
<table>
<thead>
<tr>
<th>Section</th>
<th>Description</th>
<th>Self-care essentials</th>
<th>More Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-care</td>
<td><strong>Self-care</strong> 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.</td>
<td>- Paracetamol&lt;br&gt;- Anti-diarrhoeal medicines&lt;br&gt;- Re-hydration mixtures&lt;br&gt;- Indigestion remedies&lt;br&gt;- A thermometer</td>
<td><strong>More Information</strong>&lt;br&gt;NHS Choices is available online at <a href="http://www.nhs.uk">www.nhs.uk</a></td>
</tr>
<tr>
<td>NHS Choices</td>
<td><strong>NHS Choices</strong> 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.</td>
<td></td>
<td><strong>More Information</strong>&lt;br&gt;NHS Choices is available online at <a href="http://www.nhs.uk">www.nhs.uk</a></td>
</tr>
<tr>
<td>Your local pharmacy</td>
<td>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&amp;E.</td>
<td></td>
<td><strong>More Information</strong>&lt;br&gt;To find your nearest local pharmacy, look in your local phone directory, go to <a href="http://www.nhs.uk">www.nhs.uk</a>, or text ‘pharmacy’ to 64746 to receive three free texts with details of your nearest pharmacies.</td>
</tr>
<tr>
<td>Your GP (Family doctor)</td>
<td>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.</td>
<td></td>
<td><strong>More Information</strong>&lt;br&gt;To find your nearest GP (family doctor) service, go to NHS Choices <a href="http://www.nhs.uk">www.nhs.uk</a></td>
</tr>
<tr>
<td>NHS111</td>
<td><strong>NHS 111</strong> 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.</td>
<td></td>
<td>When you dial <strong>111</strong> you will be directed to the best local service for you, to ensure you get fast and effective treatment. For more information go to <a href="http://www.nhs.uk/111">www.nhs.uk/111</a></td>
</tr>
<tr>
<td>A&amp;E and 999</td>
<td>A&amp;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.</td>
<td></td>
<td><strong>More Information</strong>&lt;br&gt;To find your nearest A&amp;E department, go to NHS Choices <a href="http://www.nhs.uk">www.nhs.uk</a>.</td>
</tr>
</tbody>
</table>