

WHAT TO DO WHEN UNWELL



There are a variety of services available to you at times when you may feel unwell and need to be treated urgently:

SELF CARE: Hangover, grazed knee, sore throat, cough, minor cuts, minor sprains

PHARMACIST: Diarrhoea, minor infections, headache, travel advice, bites and stings

GP SURGERY: feverish children, vomiting, ear pain, feeling ill, rashes

NHS 111: Unwell, unsure, confused

MINOR INJURIES UNIT: deep cuts, eye injury, broken bones, severe sprains, minor head injury, minor burns, scalds

999 / A&E: life threatening choking, chest pain, blacking out, severe blood loss, severe breathing difficulty