

# Stay well

Guide to help you choose the right service for you and your NHS



## Self-care

Hangover.  
Cough. Colds.  
Grazes. Small cuts.  
Sore throat.



**Self-care** is the best choice to treat minor illnesses and injuries.

A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.

## Pharmacy

Diarrhoea. Earache.  
Painful cough.  
Sticky eye.  
Teething. Rashes.



**Pharmacists** advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time.

No appointment is needed and most pharmacies have private consulting areas.

## GP

Arthritis. Asthma.  
Back pain.  
Vomiting.  
Stomach ache.



**GPs and nurses** have an excellent understanding of general health issues and can deal with a whole range of health problems.

## Minor Injuries

Cuts. Sprains.  
Strain. Bruises.  
Itchy rash.  
Minor burns.



**Minor Injuries Units, Walk-in Centres** and **Urgent Care Centres** provide non-urgent services for a range of conditions.

They are usually led by nurses and an appointment is not necessary.

## A&E/999

Severe bleeding.  
Breathing difficulties.  
Severe chest pain.  
Loss of consciousness.



**A&E** or **999** are best used in an emergency for serious or life-threatening situations.

## NHS 111

If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call **NHS 111**.



**24 hours a day**  
**7 days a week**

## NHS Choices

You can also access health advice and guidance or find your nearest service online through **NHS Choices**.



Visit [www.nhs.uk](http://www.nhs.uk)