

*Think A&E is your only option?*

***There are better services available.***

**Hangover, grazed knee, sore throat, cough?**

**Self care:** be sure to stock up your medicine cabinet with pain killers, plasters and antiseptic creams. Visit [www.choosebetter.org.uk](http://www.choosebetter.org.uk) for further advice on taking care of yourself.

**Diarrhoea, runny nose, painful cough, headache?**

**Pharmacies (chemists):** can provide confidential health advice and treatment. There is no need to make an appointment. To find your nearest local pharmacy, go to [www.nhs.uk](http://www.nhs.uk)

**Vomiting, ear pain, sore belly, backache?**

**Your local GP (doctor):** can provide a wide range of family health services including advice, prescriptions for medicines and referrals to other health and social services. Practice nurses often work alongside them to help support patients' everyday health.

**Unwell, unsure, confused, need help?**

**111:** call 111 for fast, reliable medical help and advice for anything that is not a life-threatening emergency.

**Cuts, sprains, itchy rash, strain?**

**Urgent Care / Walk in Centres / Minor Injury Units:** offer access to a range of treatment for minor illnesses and injuries. You will be seen by an experienced nurse, without an appointment.

**Heavy bleeding, broken bones, burns, chest pain, trouble breathing?**

**Emergency Department / A&E:** should only be used in an emergency for critical or life-threatening situations. If you cannot travel yourself, you should dial 999 for an ambulance.

Alternative NHS services provide quick, professional health care, 7 days a week. Visit [www.choosebetter.org.uk](http://www.choosebetter.org.uk)

**You can  
choose better**