

# 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, 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 Www.nhs.uk

**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.

NHS 111 provides a confidential telephone service, 24 hours a day, to give advice and guidance on health issues.

### NHS 111

### Your Local Pharmacy

Your local high street pharmacy can provide a confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment

### More Information

To find your nearest local pharmacy, look in your local directory, or go to [www.nhs.uk](http://www.nhs.uk) or text 'pharmacy' to 64746 to receive three FREE texts with details of your nearest pharmacies.

### Your GP

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 service, go to NHS Choices [www.nhs.uk](http://www.nhs.uk) or call NHS 111 on 111

### Minor Injuries Unit

Minor injuries units and urgent care centres offer convenient access to a range of treatment for minor illnesses and injuries including infections, rashes, fractures and lacerations, emergency contraception and advice, stomach upsets, cuts, bruises, burns and strains. Local opening times may vary. You will be seen by an experienced nurse, without an appointment.

### More Information

To find your nearest minor injuries unit, urgent care centre or similar service, go to NHS Choices [www.nhs.uk](http://www.nhs.uk) or Call NHS 111 on 111

### Urgent Care Centre

### A&E and 999

A&E department and 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 NHS Choices [www.nhs.uk](http://www.nhs.uk) or call NHS 111 on 111