

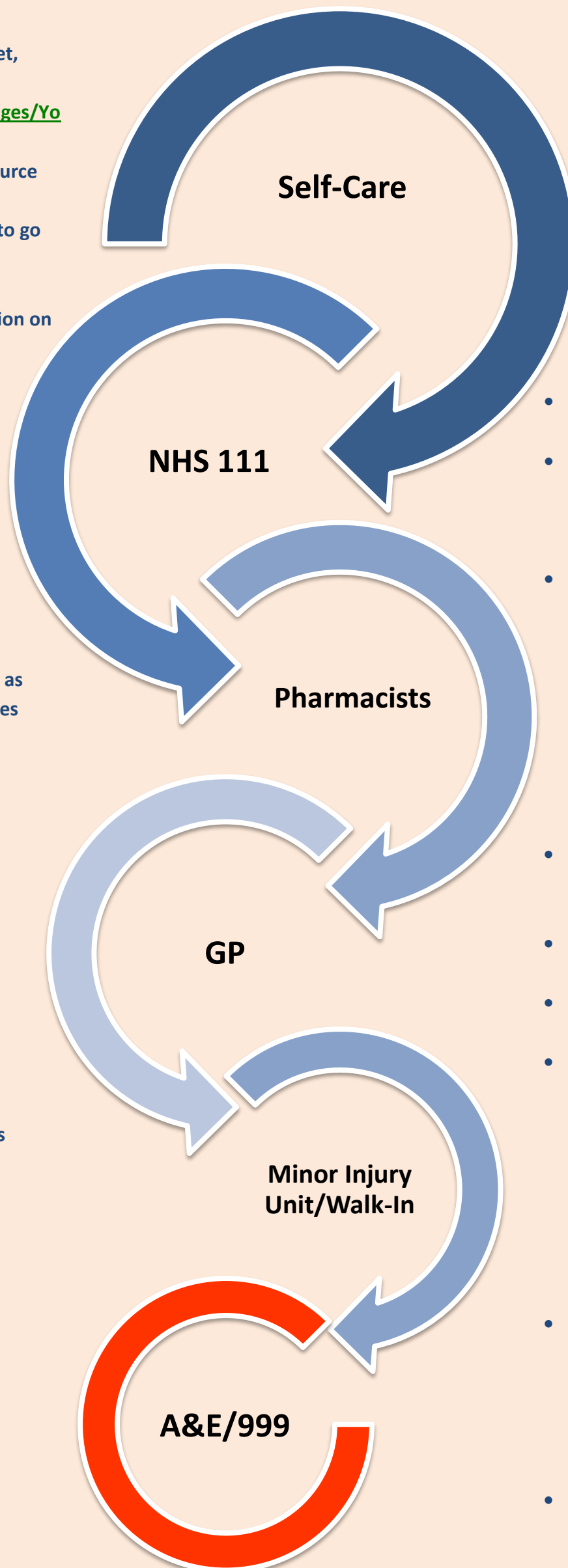
Choose Well

Finding the right health service for you and your family

- The best choice for minor illnesses.
- Try the online symptom checker:
www.nhs.uk/symptomchecker
- Keep a well-stocked medicine cabinet, guidance can be found at:
www.nhs.uk/Livewell/Pharmacy/Pages/Yourmedicinecabinet.aspx
- www.patient.co.uk is an online resource loaded with tips and advice on the different self-care options and how to go about treating your minor ailments.
- www.selfcareforum.org contains downloadable leaflets and information on a huge range of minor ailments.

- Talk in confidence, without appointments.
- Offer advice on minor ailments such as coughs and colds, earache, skin rashes and sore throats.
- They can provide services such as Chlamydia testing, emergency contraception and stop smoking services.

- No appointments needed.
- Can treat a variety of injuries such as sprains, strains, minor cuts and fractures.
- Minor injury units cannot treat problems such as chest pains, breathing difficulties, pregnancy problems and allergic reactions.



- For urgent medical needs that AREN'T life threatening.
- They offer advice on treatments for various injuries, allergies, general health, bleeding, dental issues, head and neck injuries and sexual health.
- They can refer you to the nearest health service.

- When illnesses aren't responding to self-care or advice from your pharmacists call your GP surgery.
- Visit when you're suffering from a persistent illness.
- When you have a 'flare up' of a long-standing illness.
- When you're in need of any vaccinations.

- For emergencies that are critical or life threatening such as loss of consciousness/persistent severe chest pain/acute confused state and fits that are not stopping or severe bleeding that cannot be stopped.
- Visit A&E or call the 999 ambulance service.



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