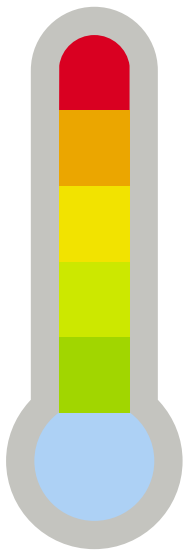


A West Yorkshire Guide

To choosing the right NHS service if you become ill or injured



Choose
well.

Help yourself and our NHS services

Choose well this winter – help yourself and our NHS services

There are many different NHS services for you to use if you get sick. Choosing well means you will get the right treatment and it also allows busy NHS services to help the people that need them most.

Here are the options available to you, for different healthcare needs:



Unexpected sickness?
Severe pain?
Worsening health conditions?

West Yorkshire Urgent Care Services

For unexpected or worsening health conditions call: 0345 605 99 99.



Hangover.
Grazed knee.
Sore throat.
Cough.

Self-care

A lot of illnesses or symptoms can be treated in your home by keeping your medicine cabinet well stocked.



Unwell?
Unsure?
Confused?
Need help?

NHS Direct

For health advice and information call: **0845 4647** or visit www.nhsdirect.nhs.uk



Diarrhoea.
Runny nose.
Painful cough.
Headache.

Pharmacist (Chemist)

Pharmacists are highly trained healthcare professionals and can give you advice on illnesses and the medicines you need to treat them. Your pharmacist can advise you on what medicines you should keep at home in your medicine cabinet.



Vomiting.
Ear pain.
Stomach ache.
Back ache.

GP (Doctor)

Your local GP surgery will provide a wealth of services: advice, assessment, prescriptions, examinations and much more.



Cuts.
Strains.
Rashes.
Sprains.

NHS GP-led Walk-In Centre

The walk-in centre will assess and treat minor injuries and illnesses – but people should always try and see their own GP, leaving the service for those who need it most.



Choking.
Chest pain.
Severe bleeding.
Blacking out.

A&E or 999

Accident and emergency (A&E) departments provide immediate emergency care in very serious or life-threatening situations. Call 999 for medical emergencies.