



Feeling unwell?

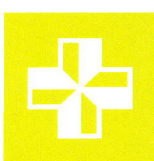
There are a range of NHS services on your doorstep.

Get the right treatment for you and help the NHS to manage its resources.



Self-care is the best choice to treat very minor illnesses, ailments and injuries.

Your own GP can deal with your illnesses – don't panic if your GP practice is shut – they also operate a GP out-of-hours service every day.



Stomach upset, headache, aches and sprains, coughs and colds, sore throat, cuts and bruises? Visit your pharmacist to find out the best way to treat them.



Toothache? Gum problems?

Call your dentist or find your local emergency dentist using NHS Direct.



Need to see someone straight away for a minor injury such as cuts and bruises, sprain or burn, infection or rash? Visit your local Minor Injuries Unit.



Choose well.

Call NHS Direct on 0845 46 47 or www.nhs.uk to find your nearest pharmacy, emergency dentist, Walk-in Centre or Minor Injuries Unit