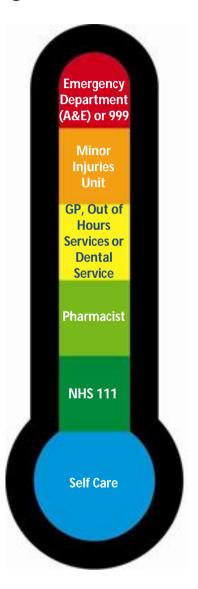
Your guide to choosing the right NHS service if you become ill or injured.





Emergency Departments (A&E)

- The Emergency Department (ED) is for life threatening illnesses and injuries only
- Dialling 999 or going to the ED, if you don't need to, could delay treatment for someone more seriously ill than you are
- Weston General Hospital, Uphill, BS23 4TQ
- Musgrove Park Hospital, Taunton, TA1 5DA
- Yeovil District Hospital, Yeovil, BA21 4AT
- Royal United Hospital Bath, Combe Park, BA1 3NG Open: 24 hours, 7 days a week

Minor Injury Unit (MIU)

- Your nearest MIU can treat minor illness and injury
- Bristol City Walk-in Centre (0117 906 9610) and Yeovil NHS Health Centre (01935 709269 or visit www.yeovilhealthcentre.nhs.uk) are open 8am-8pm 7 days a week.

For urgent treatment

- For your nearest MIU and opening hours visit www.nhs.uk or call NHS 111
- Get advice about your treatment or advice on out of hours care by calling **NHS 111**

GP routine care

- For illnesses and injuries which aren't life threatening
- GP's provide medical advice, examinations and prescriptions
- If absolutely necessary, the GP can make home visits
- GPs and practice nurses can speak to patients over the phone

Opening hours

- GPs are open 8am 6:30pm weekdays
- Out-of-hours GP: call **NHS 111**
- Out-of-hours dental pain or toothache: call **NHS 111**

Pharmacy – late night opening offered 365 days a year

- They can advise on the best medicines for many common illnesses
- You don't need an appointment
- Get the help you need as guickly as possible

Find your pharmacy

- To find your nearest pharmacy, visit www.nhs.uk
- Or call NHS 111

Call NHS 111

- If you don't know who to call for medical help
- If you don't have a GP to call
- If you don't need medical advice or reassurance about what to do next
- A trained adviser will ask you questions and give you medical advice or direct you to someone who can help – if necessary they can send an ambulance
- Calls to **NHS 111** are free although mobile users will require a minimum of 1p credit
- In a serious or life threatening situation call 999

Self care

- Many common illnesses and injuries can be treated at home
- Talk to your pharmacist about remedies
- Get plenty of rest and drink plenty of fluids
- Keep a well stocked medicine cabinet

Stock the medicine cabinet with:

- Pain killers
- Anti-diarrhoeal medicine
- Rehydration mixture
- Indigestion remedy
- · Cold and flu remedies
- First aid kit with bandages, plasters, antiseptic wipes and cream, eyewash, medical tape, sterile dressing, thermometer