

Choking. Chest pain. Blacking out. Blood loss.

For symptoms of serious illnesses, and major accidents, choose A&E or 999.

A&E and 999 are emergency services that **should only be used when people are badly injured or show the symptoms of critical illness.**

Choosing well ensures that essential treatment is given, in the shortest possible time.



www.nhsdirect.nhs.uk

NHS

Your local NHS

Cuts. Strains. Itches. Sprains.

For icy slips, skin complaints,
and everything between, choose
an NHS walk-in centre.

Use an **NHS walk-in centre** to treat minor illnesses and injuries that do not need a visit to A&E or a medical appointment. Choosing well ensures you receive the best possible treatment, leaving emergency services to those who need them most.



www.nhsdirect.nhs.uk

NHS

Your local NHS

Anxiety. Sore belly. Back ache. Ear pain.

For ear infections, a dose of the flu, and everything between, choose a GP.

Make an appointment with your **GP** for medical advice on an illness or injury that just won't go away this winter. Choosing well ensures that your ailment is dealt with effectively, and reduces the burden on essential emergency services.



www.nhsdirect.nhs.uk

NHS

Your local NHS

Unwell? Unsure? Confused? Need help?

For absolutely any
questions about health,
choose NHS Direct.

Contact **NHS Direct**
when you are ill or injured
and unsure what to do
next, or if you have any
questions about conditions,
treatments or local health
services. Choosing well
ensures you get expert
advice in the shortest
possible time, leaving busy
NHS services to help those
in most need.

0845 4647
www.nhsdirect.nhs.uk



www.nhsdirect.nhs.uk

NHS

Your local NHS

Diarrhoea. Runny nose. Painful cough. Headache.

For common colds, sickly stomachs, and everything between, choose a pharmacist.

Your local **pharmacy** provides expert advice on common winter health problems and the best medicines to treat them. Choosing well ensures you get the treatment you need in the shortest possible time, and reduces the pressure on essential NHS services.



www.nhsdirect.nhs.uk

NHS

Your local NHS

Hangover. Grazed knee. Sore throat. Cough.

For wear and tear, minor trips, and everything between, choose self-care.

Self-care is the best option when treating very minor illnesses or injuries during the winter period. Choosing well ensures you receive the rest and recovery you need, leaving busy NHS services to help those who need them most.



www.nhsdirect.nhs.uk



Your local NHS