SORE THROAT?
CHOOSE
SELF CARE

DEEP CUT?
CHOOSE
THE MINOR INJURIES UNIT

FEVERISH CHILD?
CHOOSE
YOUR GP SURGERY

NO GP?
CHOOSE
THE WALK IN CENTRE

COUGH OR COLD?
CHOOSE
A PHARMACIST

HEALTH ADVICE RIGHT NOW?
CHOOSE
NHS DIRECT

SEVERE CHEST PAIN?
CHOOSE
999 or Casualty (A&E)

For more information go to www.choosewelltoday.com
or call NHS Direct on 0845 46 47
<table>
<thead>
<tr>
<th>Self-care</th>
<th>Hangover</th>
<th>Grazed knee</th>
<th>Sore throat</th>
<th>Cough</th>
<th>Keep a well-stocked medicine cabinet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pharmacist</td>
<td>Diarrhoea</td>
<td>Minor infections</td>
<td>Headache</td>
<td>Bites and stings</td>
<td>Your local pharmacist can help with lots of everyday ailments and offer good advice</td>
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<tr>
<td><strong>GP Surgery</strong></td>
<td>Feverish children</td>
<td>Vomiting</td>
<td>Ear Pain</td>
<td>Feeling ill</td>
<td>If you need to contact a GP out of hours, call Westcall on 0118 978 7811</td>
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<tr>
<td>Walk-in Health Centre</td>
<td>Feel ill</td>
<td>No GP</td>
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<tr>
<td>Minor Injuries Unit (MIU)</td>
<td>Deep cuts</td>
<td>Sprains</td>
<td>Burns or Scalds</td>
<td>Eye Injuries</td>
<td>Reading Walk-in Health Centre Broad Street Mall 8am-8pm everyday Go to the MIU West Berkshire Community Hospital, Thatcham. 8am-10pm every day/10am-6pm Christmas Day</td>
</tr>
<tr>
<td>Accident and Emergency (A &amp; E) or 999</td>
<td>Choking</td>
<td>Chest pain</td>
<td>Suspected stroke</td>
<td>Blacking out</td>
<td>Blood loss Call 999 for an Ambulance or go to A&amp;E at the Royal Berkshire Hospital</td>
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</tbody>
</table>