Feeling Unwell?

Had an accident?

Worried about your health?

This leaflet will help you choose the right NHS service
WHAT SHOULD I DO?

Self-care
- Look after yourself.
- Rest, sleep, drink plenty (no alcohol).
- Make sure you have basic medicines at home.

Contact NHS Direct
- Free, confidential expert advice.
- Available all day, every day.
- Tel: 0845 4647
- www.nhsdirect.nhs.uk

Contact your GP practice
- Get in touch with your doctor’s surgery.
- Most surgeries now open for longer hours. When they are closed, call 0118 936 5390. If you are registered with the Sandhurst Group Practice, the number is 0118 936 5649.

Talk to a pharmacist
- Pharmacies (chemists) can be found on most high streets.
- They offer a range of over-the-counter remedies.
- They provide expert, confidential advice.

For minor injuries and illness...
- SLOUGH: Walk-in Health Centre
  - Tel: 01753 635505
- MAIDENHEAD: Urgent Care Centre
  - Tel: 03000 24 2000
- ASCOT: Minor Injuries Unit
  - Tel: 01344 877805

PLEASE CALL FIRST
- See other side of this leaflet for full details

For emergencies or for advice on A&E or 999
- SLOUGH: Westham Park Hospital
  - Tel: 01753 634017
- READING: Royal Berkshire Hospital
  - Tel: 0118 322 8616
- SURREY: Frimley Park Hospital
  - Tel: 01276 604112

www.nhs.uk Tel. 0845 4647

The information in this leaflet is available in other languages and formats on request to NHS Berkshire East Customer Care, tel. 01753 635615
Some handy hints for when you are ill

sore throat
hangover
cough
cold

Keep a well-stocked first aid kit or medicine cabinet. This should contain:
- paracetamol / ibuprofen / aspirin
- medicine for stomach upsets
- rehydration mixture
- indigestion medicine
- thermometer
- plasters

Need some help? Talk to a pharmacist

Unsure? Contact NHS Direct
Tel: 0845 4647

- Free, confidential expert advice
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Think twice before you go to A&E

**WALK-IN HEALTH CENTRE**
Slough

Upton Hospital
Albert Street  SL1 2BJ
Tel: 01753 635505
Opening hours:
0800-2000 every day

**URGENT CARE CENTRE**
Maidenhead

St Mark’s Hospital
St Mark’s Road  SL6 6DU
Tel: 03000 24 2000
Opening hours:
Mon-Fri: 0830-1700
Sat / Sun / bank holidays: 0900-1300
PLEASE CALL FIRST

**MINOR INJURIES UNIT**
Ascot

Heatherwood Hospital
London Road  SL5 8AA
Tel: 01344 877805
Opening hours:
0800-2200 every day.
PLEASE CALL FIRST

Choose well.

www.nhs.uk
Tel. 0845 4647