If you become unwell or are injured make sure you choose the right NHS service.

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.

Choose well.
For slips, trips, skin complaints, and everything between, choose an NHS Walk-in Centre, NHS Urgent Care Centre or NHS Minor Injuries and Illness Unit.

Use an NHS Walk-in Centre, NHS Urgent Care Centre or NHS Minor Injuries or Illness Unit to treat ailments 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.
Vomiting.
Ear pain.
Sore tummy.
Back ache.

For ear and viral infections 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. Choosing well ensures that your ailment is dealt with effectively, and reduces the burden on essential emergency services.

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

Your local pharmacy provides expert advice on common 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.
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

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

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