

**SORE
THROAT**
CHOOSE
SELF CARE

**FEVERISH
CHILD?**
CHOOSE
YOUR GP SURGERY

DEEP CUT?
CHOOSE
THE MINOR
INJURIES UNIT

**UNWELL,
UNSURE?**
CHOOSE
NHS 111

**COUGH
OR COLD?**
CHOOSE
A PHARMACIST

**SEVERE
CHEST PAIN?**
CHOOSE
A&E or call 999



**Choose
well.**

For more information go to
NHS Choices
www.nhs.uk

Hangover
Grazed knee
Sore throat
Cough
Minor cuts
Minor sprains

For minor ailments, grazes, bruises and similar problems, **choose self-care**

Don't forget to keep your first-aid kit well stocked - ask your pharmacist for advice or pick up our handy check list NHS Choices www.nhs.uk

Diarrhoea
Minor infections
Headache
Travel advice
Bites and stings

For tummy upsets, insect bites, coughs and colds, **choose a pharmacist**

Your local pharmacist can help with everyday ailments and many have a private consultation room

Feverish children
Vomiting
Ear pain
Feeling ill
Rashes

For hot children, infections and persistent symptoms, **choose your GP**

If your surgery is closed, you can call the Out of Hours Service on **0845 345 8995** Or alternatively call **NHS 111** for advice

Unwell
Unsure?
Confused?

NHS 111

It is not a 999 emergency – You do not know who to call for medical help? Call **NHS 111** for advice. Calls from landlines and mobiles will be free

Deep cuts
Eye injury
Broken bones
Severe sprains
Minor head injury
Minor burns and scalds

For minor injuries, **choose NHS MIU (Minor Injuries Unit)**

NHS Minor Injuries Units open 7 days
Abingdon MIU,
Abingdon Hospital,
Marcham Road OX14 1AG
10.00 to 22.30hrs
☎ **01865 425161**
Henley-Townlands MIU,
Townlands Hospital,
York Road RG9 2EB
9.00 to 20.00hrs
☎ **01491 637435**
Witney MIU,
Witney Hospital,
Welch Way OX28 6JJ
10.00 to 22.30hrs
☎ **01608 648262**

Life threatening choking
Chestpain
Blacking out
Severe blood loss
Severe breathing difficulty

For life threatening conditions, **choose 999 - Emergency Dept (A&E)**

Call 999 for an ambulance
Emergency Department
Oxford University Hospitals
OX3 9DU
Emergency Department
Horton General Hospital
OX16 9AL
24hrs/365 days