

THE NHS BELONGS TO US ALL, LET'S USE IT RESPONSIBLY.

The way you use your NHS matters - using it wisely means we can develop and invest in local services to make your NHS fit for the future.



www.ddhf.co.uk

WHAT TO DO IF YOU ARE UNWELL...

Your quick guide to local health services.

SELF CARE

Be sure to stock up your medicine cabinet with pain killers, plasters and antiseptic creams. Visit the www.nhs.uk website for further advice on taking care of yourself.

Hangover
Grazed Knee
Sore Throat
Cough

PHARMACIES

(CHEMISTS)

Pharmacists can provide confidential health advice and treatment for minor ailments. There is no need to make an appointment. To find your nearest local pharmacy, go to www.nhs.uk.

Diarrhoea
Runny Nose
Emergency Contraception
Painful Cough
(of less than 2 weeks)
Headache

YOUR LOCAL GP SURGERY

(DOCTOR / NURSE PRACTITIONER)

Your GP can provide a wide range of family health services including advice, prescriptions and referrals to other health and social services. Practice nurses and nurse practitioners often work alongside them to help support patients' everyday health.

Rash
Ear Pain
Blood in Toilet
Backache

NHS 111

Call NHS 111 if you require medical help and advice for anything that is not a life-threatening emergency.

Unwell
Unsure
Need Help
or Advice?

MINOR INJURY UNIT

Get help for a minor illness or injury at times you can't wait to see your GP.

Cuts
Sprains
Broken Bones
Strain

ACCIDENT

& EMERGENCY

A&E should only be used in an emergency for critical or life-threatening situations. If you cannot travel yourself, you should dial 999 for an ambulance.

Chest Pain
Heavy Bleeding
Trouble Breathing
Burns