

FEELING UNWELL AND NEED NHS HELP?

Choose Well.

Hangover. Grazed knee. Sore throat.	Self Care Many common illnesses can be treated at home or with over the counter medicines.
Unwell? Unsure? Need help?	NHS Direct Call 0845 4647 24 hours a day , or visit to check symptoms, or to find out where your nearest NHS service is.
Diarrhoea. Runny nose. Painful cough. Headache.	Pharmacy Your local Pharmacy provides expert advice on common health problems and the best medicines to treat them.
Vomiting. Ear pain. Sore tummy. Back ache.	GPs Your GP is the right service if you need routine medical care. To reach the out-of-hours service call 0300 130 1313.
Cuts. Strains. Itches. Sprains.	NHS Walk-in Centre and Urgent Treatment Centre You can visit the Crawley Health Centre on Haslett Avenue West. It is open every day from 8am to 8pm, including weekends and bank holidays. Before going to A&E, consider the Urgent Treatment Centre at Crawley Hospital. It's open 24/7 and is the right place for minor injuries.
Choking. Chest pain. Blacking out. Blood loss.	A&E and 999 should only be used for life threatening, serious illnesses or major accidents.

