

A & E or 999

**Choking
Chest Pain
Blacking Out
Blood Loss**

For Symptoms of serious illnesses and major accidents, choose

When & Why

A&E or 999

Should only be used in a critical or life-threatening situation.

Walk-In Centre

Cuts/Strains

Coughs/Colds

Itches

Open with accessible hours assessments are carried out by experienced staff.

The public do not need appointments

When & Why

Use your local walk-in centre if you require medical treatment or advice which does not need A&E or a medical appointment.

Pharmacist

Diarrhoea

Runny Nose

Cough

Headache

Your local pharmacist can provide advice common illnesses and the best medicines to treat them.

Some pharmacies also offer other services

- Advice on Stop Smoking
- Emergency Contraception

When & Why

Visit your local pharmacy when you are suffering from a health problem which does not require being seen by a nurse or doctor