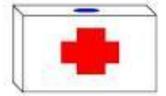


## Minor grazes. Cough. Sore throat. Hangover.

### SELF-CARE



Some minor illnesses can be treated at home. Ensure your medicine cabinet is stocked up with:

- Paracetamol    Calpol    Anti-diarrhoeal medicine    Antiseptic cream
- Thermometer    Plasters    Cough mixture    Throat pastilles

## Diarrhoea. Runny nose. Painful cough. Headache.

### PHARMACIST



Your local pharmacist can offer medications and advice for minor and common illnesses which do not require being seen by a doctor or nurse. Several pharmacies also offer services such as emergency contraception and travel vaccinations. Some pharmacies are also open during evenings, weekends & public holidays. You do not need an appointment to speak to the pharmacist.

## High temperature. Vomiting. Ear pain. Stomach ache.

### YOUR GP PRACTICE



Make an appointment with your GP Practice when you have an illness or injury that will not go away. They offer a range of services including medical advice, examinations and prescriptions. Patients may be offered same day or next-day appointments. Some practices may offer telephone consultations for children, elderly and patients requiring urgent medical care. **If you require a GP out of normal surgery hours, please call 111.**

## Need advice? Don't know who to call? Need medical help?

- You need medical help fast but it's not an emergency.
- You don't know who to call or you don't have a GP to call.
- You need health information or reassurance about what to do next.
- You think you need to go to Emergency Department (A&E) or need another NHS urgent care service.



The 111 service is staffed by a team of fully trained advisers, supported by nurses who will ask questions to assess your symptoms. They will then give you the healthcare advice you need or direct you straightaway to the local service that can help you best. That could be Emergency Department (A&E), an out-of-hours doctor, a walk-in or urgent care centre, a community nurse, an emergency dentist or a late opening pharmacy.

If you need an ambulance one will be sent as quickly as if you had called 999. **111 is available 24 hours a day, 365 days a year.** Calls are free from landlines and mobile phones.

## Sprains. Cuts. Rashes. Strains.

### WALK-IN-CENTRE (OR) MINOR INJURIES UNIT

These centres are run by nurses or GPs offering treatment for a range of minor illnesses or injuries. You do not need an appointment and you can get medical treatment or advice without needing to go to A&E.

- **Derby NHS Walk-in-centre** Entrance C, London Road Community Hospital (formerly the DRI) Osmaston Road, Derby, DE1 2RG.  
Open 7 days a week; 8am-7.30pm
- **Derby Open Access Centre** 207 St. Thomas Road, Derby, DE23 8RG.  
Open 7 days a week; 8am-8pm
- **Swadlincote NHS Walk-in-centre** Civic Way, Swadlincote, DE11 0AE.  
Open Mon-Fri 6.30pm-10.00pm; Sat, Sun & Bank Holidays; 9.00am to 10.30pm
- **St Oswald's Hospital (Walk-in-centre)** Clifton Road, Ashbourne, DE6 1DR.  
Open Sat, Sun & Bank Holidays; 9am-1pm
- **Whitworth Hospital** 330 Bakewell Road, Matlock, DE4 2JD. (Open 24 hours, 7 days a week)
- **Ripley Community Hospital** Sandham Lane, Ripley, DE5 3HE. (Open 24 hours, 7 days a week)
- **Ilkeston Community Hospital** Heanor Road, Ilkeston, DE7 8LN. (Open 24 hours, 7 days a week)



## Chest pain. Head injuries. Severe blood loss. Deep wounds. Severe breathing difficulties. Broken bones.



### EMERGENCY DEPARTMENT (A&E) (OR) CALL 999

Emergency departments (A&E) are open **24 hours a day, 365 days a year.** Please remember, emergency services are very busy. **They should only be used in very serious or life threatening situations.**