A SIMPLE, HANDY GUIDE TO KEEP FOR REFERENCE TO HELP YOU FIND THE BEST TREATMENT FOR YOU AND YOUR FAMILY SHOULD YOU BECOME ILL OR INJURED.

CHOOSE WELL
If you are unwell or are injured, the NHS provides a range of services and you can get faster and better treatment by choosing the service that best treats your symptoms. This will help us to reduce the pressure on emergency services like A&E, so they can help those in most need.

SELF CARE
Hangover, Cough, Sore Throat
A lot of common conditions can be treated by you at home. If you’ve got a sore throat for instance, you should take an over-the-counter medicine and get plenty of rest. It is worth keeping in your medicine cabinet paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy, plasters and a thermometer. However, for more persistent coughs or continued diarrhoea you will need to make an appointment to see your GP. For more information visit www.nhs.uk.

NHS 111
Need help deciding where to get appropriate healthcare?
111 is the new NHS free phone number to call when you need medical help fast, but it’s not an emergency. If you are unsure where to go dial 111, and they will assess you and advise you where you should go to get the best treatment for your condition. The service operates 24 hours a day, 7 days a week, 365 days a year.

PHARMACY
Diarrhoea, Headache, Bites and Stings
Your local Pharmacist can give you friendly, expert advice about over-the-counter medicines that can help with lots of common conditions such as those shown above, plus Conjunctivitis, Coughs/Colds/Sore throats, Constipation, Cystitis, Emergency Contraception, Head Lice and Hay Fever/Allergies. However, for more persistent coughs or continued diarrhoea you need to make an appointment to see your GP.

OUT OF HOURS PRESCRIPTIONS
Tesco Pharmacy, Brookside Road, Uttoxeter ST14 8AU
Tel 01889 254347
Opening Hours Mon 8.00 am to 10:30 pm
Tuesday to Friday 6:30am to 10:30 pm
Saturday 6:30am to 10:00 pm S Sunday 10:00 am to 4:00 pm

GP SURGERY
Urine Infections, Rashes, Ear Pain, Minor Injuries (excluding broken bones)
If you have an illness or injury that won’t go away, it’s best to visit your GP. You will need to make an appointment, but by visiting your GP you will help us to reduce the demand on emergency services. For many services you will be able to book an appointment with the Practice Nurse, say for sexual health advice or travel health advice...
MINOR INJURIES UNITS
You can also receive minor injury care at the following places:

LEEK MINOR INJURIES
Leek Moorlands Hospital, Ashbourne Road, Leek. ST13 5BQ
Telephone: 01538-487104

WALK IN CENTRES
Hanley Health and Wellbeing Centre, 69/71 Stafford Road, Hanley, Stoke. ST1 1LW Telephone: 0300 123 6759
Midway Medical and Walk-in Centre, The Midway, Newcastle. ST5 1QG
Telephone: 01782 663757

ACCIDENT AND EMERGENCY (A&E)
Choking, Chest Pain, Suspected Stroke, Blacking Out, Blood Loss
For life threatening injuries or illness go to A&E or call 999. A&E Departments are open 24 hours a day, 365 days a year to treat people with serious and life-threatening emergencies. A&E should only be used in a critical or life-threatening situation not as an alternative to your GP.

DENTIST
Toothache, Gum problems
If you have a problem with your teeth or gums, make an appointment with your Dentist. If you in a lot of pain more dentists offer an emergency appointment service.