

Your guide to choosing the right NHS service if you become ill or injured.



<p>Emergency Departments (A&E)</p> <ul style="list-style-type: none"> The Emergency Department (ED) is for life threatening illnesses and injuries only Dialling 999 or going to the ED, if you don't need to, could delay treatment for someone more seriously ill than you are 	<ul style="list-style-type: none"> Weston General Hospital, Uphill, BS23 4TQ Musgrove Park Hospital, Taunton, TA1 5DA Yeovil District Hospital, Yeovil, BA21 4AT Royal United Hospital Bath, Combe Park, BA1 3NG <p>Open: 24 hours, 7 days a week</p>
<p>Minor Injury Unit (MIU)</p> <ul style="list-style-type: none"> Your nearest MIU can treat minor illness and injury Bristol City Walk-in Centre (0117 906 9610) and Yeovil NHS Health Centre (01935 709269 or visit www.yeovilhealthcentre.nhs.uk) are open 8am-8pm 7 days a week. 	<p>For urgent treatment</p> <ul style="list-style-type: none"> For your nearest MIU and opening hours visit www.nhs.uk or call NHS 111 Get advice about your treatment or advice on out of hours care by calling NHS 111
<p>GP routine care</p> <ul style="list-style-type: none"> For illnesses and injuries which aren't life threatening GPs provide medical advice, examinations and prescriptions If absolutely necessary, the GP can make home visits GPs and practice nurses can speak to patients over the phone 	<p>Opening hours</p> <ul style="list-style-type: none"> GPs are open 8am - 6:30pm weekdays Out-of-hours GP: call NHS 111 Out-of-hours dental pain or toothache: call NHS 111
<p>Pharmacy – late night opening offered 365 days a year</p> <ul style="list-style-type: none"> They can advise on the best medicines for many common illnesses You don't need an appointment Get the help you need as quickly as possible 	<p>Find your pharmacy</p> <ul style="list-style-type: none"> To find your nearest pharmacy, visit www.nhs.uk Or call NHS 111
<p>Call NHS 111</p> <ul style="list-style-type: none"> If you don't know who to call for medical help If you don't have a GP to call If you don't need medical advice or reassurance about what to do next 	<ul style="list-style-type: none"> A trained adviser will ask you questions and give you medical advice or direct you to someone who can help – if necessary they can send an ambulance Calls to NHS 111 are free – although mobile users will require a minimum of 1p credit In a serious or life threatening situation call 999
<p>Self care</p> <ul style="list-style-type: none"> Many common illnesses and injuries can be treated at home Talk to your pharmacist about remedies Get plenty of rest and drink plenty of fluids Keep a well stocked medicine cabinet 	<p>Stock the medicine cabinet with:</p> <ul style="list-style-type: none"> Pain killers Anti-diarrhoeal medicine Rehydration mixture Indigestion remedy Cold and flu remedies First aid kit with bandages, plasters, antiseptic wipes and cream, eyewash, medical tape, sterile dressing, thermometer