

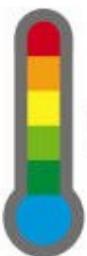


Feeling unwell?

How to choose the right NHS treatment for you in **Yorkshire and the Humber**



Choosing the right service best suited to your illness or injury will relieve the pressure on A&E, GPs and the ambulance service which can be a lifeline in a genuine life-threatening emergency.



**Choose
well.**

www.yas.nhs.uk

If you feel unwell, you can seek care and advice in the following ways ...

Self-care

A range of common illnesses and injuries can be treated at home by combining a well-stocked medicine cabinet with plenty of rest. This is the best choice for very minor illnesses and injuries.

NHS 111

NHS 111 is a new service that provides confidential health advice and information by phone 24 hours a day, 7 days a week, every day of the year. You can call 111 when you need urgent medical help but it is not a 999 emergency. Calls are free from landlines and mobile phones.

Pharmacist

Your local pharmacist can give you advice on illnesses and the medicines you need to treat them. Visit a pharmacist when you are suffering from a common health problem which does not require being seen by a nurse or doctor.

GP

GP surgeries provide a range of services by appointment, including medical advice, examinations and prescriptions. They also provide an out-of-hours service which you can contact by telephoning your local surgery and following the recorded instructions.

NHS walk-in centre, urgent care centre or minor injuries unit

You do not need an appointment and you will be seen by an experienced nurse or GP. These services give healthcare advice and most are open from early morning until late at night. Visit one of these centres if you need medical treatment or advice which does not need a visit to A&E or a medical appointment.

Making your own way to hospital - If you do need hospital treatment, but are not in a life-threatening condition, you can arrive at A&E by getting a lift from friends and family or a taxi. **Arriving by ambulance does not necessarily mean you will be seen more quickly.**

In an Emergency

You should only call 999 for an ambulance in a medical emergency when it is obvious that you or another person has a serious or life-threatening illness or injury, such as*:

- ◆ cardiac arrest
- ◆ breathing difficulties
- ◆ chest pain
- ◆ stroke
- ◆ loss of consciousness
- ◆ heavy loss of blood
- ◆ severe burns and scalds
- ◆ choking
- ◆ fitting/convulsions
- ◆ drowning
- ◆ severe allergic reactions
- ◆ head injuries.

**Not an exhaustive list.*

Calling 999 wisely helps to avoid unnecessary pressure on this valuable life-saving service.

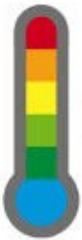
So, if you have a minor ailment or injury please consider the variety of other more appropriate healthcare services available to ensure emergency ambulances are not diverted away from those who need them most.

Ambulance Responses to 999 Calls

People with a serious or life-threatening illness or injury will be sent an ambulance and callers will receive help and advice over the phone until assistance arrives on scene.

Those with less serious conditions will be assessed over the phone to see if an emergency ambulance is what they need. Some patients will be advised to contact their own GP, make their own way to a minor injuries unit, walk-in centre or emergency department, or visit a pharmacist.

Choose Well



Hull and East Riding

Minor Injuries Units

Bransholme Health Centre	Tel: 01482 344665
Bridlington and District Hospital	Tel: 01262 423008
Driffield Alfred Bean Hospital	Tel: 01377 208733
East Riding Community Hospital, Beverley	Tel: 01482 886600
Freedom Centre, Hull	Tel: 01482 344580
Goole and District Hospital	Tel: 01405 720720
Hornsea Cottage Hospital	Tel: 01964 533146
Withernsea Hospital	Tel: 01964 614666

South Yorkshire

Minor Injuries Units

Montagu Hospital	Tel: 01709 585171
Royal Hallamshire Hospital (16+)	Tel: 0114 271 1900
Sheffield Children's Hospital	Tel: 0114 271 7000

Walk-in Centres

Rotherham Community Health Centre	Tel: 0333 321 0914
Sheffield City Walk-in Centre	Tel: 0114 241 2700

North Yorkshire

Minor Injuries Units

Friarage Hospital	Tel: 01609 779911
Ripon Community Hospital	Tel: 01423 542909
The New Selby War Memorial Hospital	Tel: 01904 724305
Whitby Community Hospital	Tel: 01947 899200

West Yorkshire

Walk-in Centres

Dewsbury and District Hospital	Tel: 0844 811 8110
King Street Health Centre, Wakefield	Tel: 0345 121 1023
LCD Bradford at Hillside Bridge, Bradford	Tel: 01274 777517
Park Community Practice, Halifax	Tel: 01422 399858
Shakespeare Medical Practice, Leeds	Tel: 0113 295 1132

Minor Injuries Units

St George's Centre, Leeds	Tel: 0330 311 5106
Wharfedale Hospital	Tel: 01943 465522

No appointments needed but opening times vary. You may also wish to enquire before visiting as to if the unit can help with your specific ailment.

For more information or to find your nearest minor injuries unit or walk-in centre visit www.nhs.uk