

THINK!

WHY A&E?



A&E is for serious
and life-threatening
emergencies **only**



HANGOVER
GRAZED KNEE
COUGH
SORE THROAT

Self-care

Minor illnesses, health problems and injuries can be treated with plenty of rest and a well-stocked medicine cabinet that includes painkillers, cold and flu remedies, plasters and a thermometer.

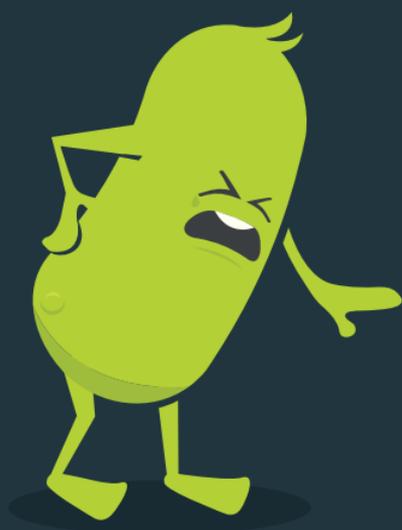
NHS Choices (www.nhs.uk) has lots of free and useful advice on how to treat minor complaints.



DIARRHOEA
RUNNY NOSE
PAINFUL COUGH
HEADACHE

Pharmacy

Pharmacists offer a range of health services. As well as dispensing prescriptions and other medicines, your pharmacy can provide free and confidential expert advice and treat a variety of common illnesses and complaints, saving you a trip to the GP.



BACK PAIN
STOMACH ACHE
EAR PAIN
VOMITING

GP surgery

If you have an illness that won't go away, or an injury that won't heal, make an appointment with your GP. If it is absolutely essential, your GP can visit you at home. If you need to see a GP outside of the surgery's normal opening hours, phone the surgery and your call will be forwarded to an out-of-hours service.



{
ITCHES
STRAINS
CUTS
SPRAINS
}

Walk-in and same-day centres

These centres provide consultations, guidance and treatment for minor injuries and illnesses, as well as x-rays, emergency contraception and sexual-health advice. There are two centres on the Fylde Coast (see the back of this leaflet), which both open seven days a week, from 8am.



NEED HELP FAST?
NOT WELL?
UNSURE?
CALL NOW!

NHS 111

NHS 111 is a free telephone service available 24 hours a day, seven days a week. You should call 111 if you urgently need medical help or information but your situation is not life-threatening. When you dial 111, you will be directed to the best local services for fast and effective treatment.



CHEST PAIN
CHOKING
BLOOD LOSS
BLACKING OUT

A&E or ring 999

A&E (accident and emergency) departments treat patients with serious or life-threatening illnesses and injuries, so you should only call 999 or visit A&E in an emergency. If you do not need A&E, use another, more appropriate service – it will save you time and could save lives.

NHS Choices www.nhs.uk

A dedicated website where you can find up-to-date and expert advice on a range of illnesses and complaints, and details about your nearest NHS services, including GP surgeries and local pharmacies.

Walk-in centre (no appointment needed)

Whitegate Drive, Blackpool, FY3 9ES

Phone: 01253 953 953

Open seven days a week, from 8am to 8pm.

Same-day health centre

(appointment needed)

Dock Street, Fleetwood, FY7 6HP

Phone: 0300 123 1144

Open seven days a week, from 8am to 10pm.

NHS Blackpool Clinical Commissioning Group
NHS Fylde and Wyre Clinical Commissioning Group
Blackpool Teaching Hospitals NHS Foundation Trust



www.WhyAandE.nhs.uk



If you need this booklet in a different format or language, please contact us on:

Freephone: 0800 032 2424

Phone: 01772 777 952