

THINK!

WHY A&E?



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



HANGOVER
GRAZED KNEE
COUGH
SORE THROAT

SELF-CARE

Minor illnesses, ailments 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.



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 confidential expert advice and treatment for a variety of common illnesses and complaints, without having to book a GP appointment.



BACK PAIN
STOMACH ACHE
EAR PAIN
VOMITING

GP SURGERY

If you have an illness or injury that won't go away, make an appointment with your GP. They provide a range of services by appointment, and when absolutely essential, can make home visits. If you need to see a GP outside of the surgery's normal opening hours, telephone the surgery and your call will be forwarded to the GP out-of-hours service.



{
ITCHES
STRAINS
CUTS
SPRAINS
}

WALK-IN/SAME DAY CENTRES

These centres provide consultations, guidance and treatment for minor injuries and illnesses, as well as emergency contraception and sexual health advice. There are two centres on the Fylde Coast, (locations can be found on the back of this leaflet) both operating seven days a week from 8am onwards.



**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 to make sure you get fast and effective treatment.



CHEST PAIN
CHOKING
BLOOD LOSS
BLACKING OUT

A&E OR RING 999

A&E departments treat patients with major, life-threatening illnesses and injuries, so you should only call 999 or visit A&E when your situation is critical.

Using a more appropriate service will save you time - and could save lives.

IMPORTANT INFORMATION

NHS CHOICES

www.nhs.uk is a dedicated website where you can access up-to-date and expert advice on a range of illnesses and complaints as well as find your nearest NHS services, including the location of GP surgeries and your local pharmacy.

WALK-IN CENTRE

(no appointment needed)

Whitegate Health Centre, Whitegate Drive,
Blackpool, FY3 9ES

Telephone: 01253 953 953

Open seven days a week, 8am - 8pm

SAME DAY HEALTH CENTRE

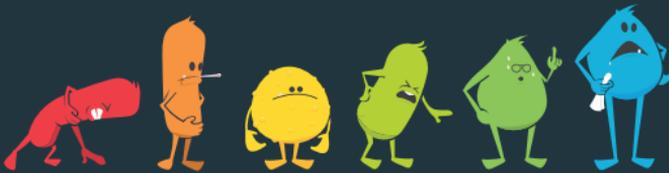
(appointment needed)

Fleetwood Health and Wellbeing Centre, Dock Street,
Fleetwood, FY7 6HP

Telephone: 0300 123 1144

Open seven days a week, 8am - 10pm

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



www.WhyAandE.nhs.uk



If you need this booklet in a different format or language please contact our customer care team

Freephone: 0800 032 2424

Telephone: 01772 777 952

Textphone: 01772 227 005

Email: customer.care@lancashirecsu.nhs.uk