

Type of symptoms you might have		Your options	Information/advice
<p>Headaches Cold Flu Nausea Diarrhoea Sore throat</p>	Self-care	<p>Many common illnesses can be treated at home with over-counter medicines, plenty of rest and regular fluids. Remember to take regular small sips of water to avoid getting dehydrated.</p>	<p>Self-care essentials: Ensure your medicine cabinet is stocked with: paracetamol, rehydration mixture, indigestion remedy, plasters and a thermometer</p>
	NHS Direct	<p>At www.nhsdirect.nhs.uk you can check your symptoms, check hundreds of conditions and treatments, and find telephone numbers and addresses for most NHS services, including GP's and hospitals.</p>	<p>For confidential health advice and information around the clock visit www.nhsdirect.nhs.uk or call 0845 46 47. (calls cost a maximum of 5p per minute from a BT landline. Calls from mobiles and other networks may vary. A confidential interpretation service is available in many languages.)</p>
	Pharmacist	<p>Many common illnesses can be treated at home. Ask your pharmacist for advice on the best medicines and treatments for minor ailments.</p>	<p>To find your local late night pharmacy visit www.nhsdirect.nhs.uk or call 0845 46 47 or look in your local newspaper.</p>
<p>Medical examination, advice and prescriptions</p>	GP	<p>If you need to see a doctor, make an appointment with your GP. Many have extended hours. Out-of-hours GP's are available if you need to see a GP urgently when your surgery is closed. Arrange repeat prescriptions with the surgery.</p>	<p>To find contact details for your GP surgery or to find a surgery where you can register, visit www.nhsdirect.nhs.uk. For urgent out-of-hours GP services call your surgery answer phone or call 0845 46 47.</p>
<p>Cuts Sprains Strains Minor burns Stings</p>	<p>NHS Walk-in Centre or GP-led health centres</p>	<p>NHS walk-in centres or GP-led health centres are open during the day, and some have evening hours. No appointment is usually necessary.</p>	<p>To find your local NHS walk-in centre or GP-led health centre visit www.nhsdirect.nhs.uk or call NHS Direct on 0845 46 47.</p>
	<p>Minor injuries units and urgent care or treatment centres</p>	<p>These centres are for people who have injuries that may need cleaning, stitching or dressing. They are open during the day, and some have evening hours. No appointment is usually necessary.</p>	<p>To find your local minor injuries unit or urgent treatment centre visit www.nhsdirect.nhs.uk or call NHS Direct on 0845 46 47</p>
<p>Serious injury, life threatening conditions</p>	<p>A & E or 999</p>	<p>Go to A & E if you are seriously ill or badly injured. Call 999 if the patient is suffering a potentially life-threatening emergency. Please only use this service if you really need them</p>	<p>To find your nearest A & E call 0845 46 47 or visit www.nhsdirect.nhs.uk Call 999 for the ambulance service.</p>