



## Where to get help if you are hurt or feeling ill



**It is important to get help and advice if you are hurt or feeling ill.**



**You could talk to your local doctor or go to hospital.**



**This leaflet also tells you about other places you could go.**



**Remember to tell someone that you are ill or hurt so they can help you decide what to do.**



## At home

You can look after some illnesses and injuries that are not too bad at home.



## NHS Direct

This service can give you health advice and information.



You can talk to them any time of the day or night.



Telephone: **0845 46 47**



## Your local chemist

There will be a **pharmacist** at your local chemist.



**Pharmacists** are trained to understand and give people medicines.

They can give you help and advice.



## Your local GP or doctor

You can make an appointment to talk to your doctor.



**Go to a place where you do not need an appointment:**

- NHS Walk in Centre



- Urgent Care Centre



- Minor Injuries Unit.



If you are not badly hurt they can give you care and advice.



They are usually open from early morning until late at night.



Ring NHS Direct to find out where these places are.

Telephone: **0845 46 47**

## Go to the hospital



- ask a friend or someone you know to drive you there



- get a taxi.



## Call 999 if it is an emergency

An **emergency** is when someone is very ill or badly hurt.

For example:



- bleeding a lot



- pain in the chest.



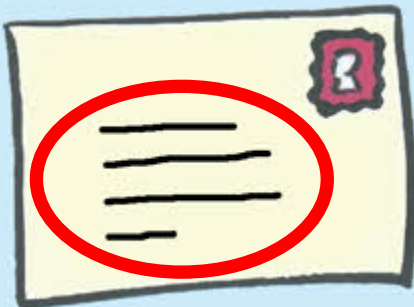
## How to telephone for an ambulance:



- telephone **999**



- ask for the ambulance service.



Tell them:

- the address where the person is who is ill



- the telephone number you are calling them from



- what has happened



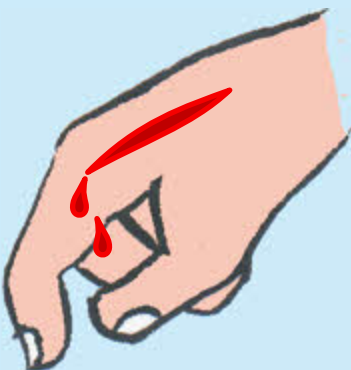
- how old the person is who is ill



- if the person is breathing



- if they are awake



- if they are bleeding



- if the person has any pain in their chest.



**We will send an ambulance as soon as we can if someone is very ill or badly hurt.**



Other emergency services are available by calling **999**:



- police
- fire.

## Credits



Artwork is from the Valuing People Clipart collection and cannot be used anywhere else without written permission from Inspired Services Publishing Ltd.