

# What to do if you are unwell

## Need to be seen today for a non-emergency?

### Think GP First

Call your GP practice between 8am - 6pm Monday - Friday



### Call NHS 111

Call NHS 111 between 6pm-8am and at the weekends if you have an urgent same day health need where you will be signposted to a service close to where you live.



## Need to be seen today for an emergency?

### Minor injury call NHS 111

Strains, cuts, sprains and burns can all be treated at our Urgent Treatment Centres at Bishop Auckland Hospital or Peterlee Community Hospital, University Hospital North Durham and Shotley Bridge Hospital.

### A&E or 999

Call 999 straightaway for chest pains, choking, severe blood loss, blacking out, unconsciousness, suspected stroke or serious injury



## Alternatively you may be able to help yourself

### Help Yourself

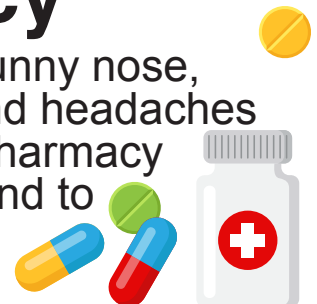
For hangovers, grazed knees, coughs and sore throats visit

[www.nhs.uk](http://www.nhs.uk) also download the free Child Health app



### Pharmacy

For diarrhoea, runny nose, painful cough and headaches visit your local pharmacy for free advice and to buy medication



**NHS 111 BSL service for Deaf patients**

[www.interpreternow.co.uk/nhs111](http://www.interpreternow.co.uk/nhs111) **999 texting service for Deaf patients** - you **MUST** register first. Text 'Register' to 999 & follow instructions. In emergency text 'Ambulance' & address. Find out more at [www.emergencysms.org.uk](http://www.emergencysms.org.uk)