

**SORE
THROAT?**

**CHOOSE
SELF CARE**

**FEVERISH
CHILD?**

**CHOOSE
YOUR GP SURGERY**

DEEP CUT?

**CHOOSE
THE MINOR
INJURIES UNIT**

**HEALTH
ADVICE
RIGHT
NOW?**

**CHOOSE
NHS DIRECT**

**COUGH
OR COLD?**

**CHOOSE
A PHARMACIST**

**SEVERE
CHEST PAIN?**

**CHOOSE
A&E or call 999**



**Choose
well.**

For more information go to
www.oxfordshirepct.nhs.uk
or call **NHS Direct** on **0845 46 47**

Hangover
Grazed knee
Sore throat
Cough
Minor cuts
Minor sprains

For minor ailments, grazes, bruises and similar problems, **choose self-care**

Don't forget to keep your first-aid kit well stocked - ask your pharmacist for advice or pick up our handy check list

Unwell
Unsure?
Confused?
Need help?

For absolutely any questions about your health, **choose NHS Direct**

Tel: **0845 4647***
Freeview channel 100
www.nhsdirect.nhs.uk

Diarrhoea
Minor infections
Headache
Travel advice
Bites and stings

For tummy upsets, insect bites, coughs and colds, **choose a pharmacist**

Your local pharmacist can help with everyday ailments and many have a private consultation room

Feverish children
Vomiting
Ear pain
Feeling ill
Rashes

For hot children, infections and persistent symptoms, **choose your GP**

If your surgery is closed, you can call the Out of Hours Service on **0845 345 8995** and get advice or a doctor may arrange to see you

Deep cuts
Eye injury
Broken bones
Severe sprains
Minor head injury
Minor burns and scalds

For minor injuries, **choose NHS MIU (Minor Injuries Unit)**

NHS Minor Injuries Units open 7 days
Abingdon MIU,
Abingdon Hospital,
Marcham Road OX14 1AG
10.00 to 22.30hrs
☎ **01865 425161**
Henley-Townlands MIU,
Townlands Hospital,
York Road RG9 2EB
9.00 to 20.00hrs
☎ **01491 637435**
Witney MIU,
Witney Hospital,
Welch Way OX28 6JJ
10.00 to 22.30hrs
☎ **01608 648262**

Life threatening choking
Chestpain
Blacking out
Severe blood loss
Severe breathing difficulty

For life threatening conditions, **choose 999 - Emergency Dept (A&E)**

Call 999 for an ambulance
Emergency Department
Oxford University Hospitals
OX3 9DU
Emergency Department
Horton General Hospital
OX16 9AL
24hrs/365 days