



**SORE  
THROAT**  
**CHOOSE**  
SELF CARE

**FEVERISH  
CHILD?**  
**CHOOSE**  
YOUR GP SURGERY

**UNWELL,  
UNSURE?**  
**CHOOSE**  
NHS 111

**SEVERE  
CHEST PAIN?**  
**CHOOSE**  
A&E or call 999

**DEEP CUT?**  
**CHOOSE**  
THE MINOR  
INJURIES UNIT

**COUGH  
OR COLD?**  
**CHOOSE**  
A PHARMACIST



For more information go to  
**NHS Choices**  
[www.nhs.uk](http://www.nhs.uk)

**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 NHS Choices [www.nhs.uk](http://www.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 surgery**

If your surgery is closed and you feel that you cannot wait until it re-opens, dial **NHS 111** for advice



For more information go to **NHS Choices** [www.nhs.uk](http://www.nhs.uk)

**Unwell**  
**Unsure?**  
**Confused?**

**NHS 111**

It is not a 999 emergency – You do not know who to call for medical help? Call **NHS 111** for advice. Calls from landlines and mobiles will be free

**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