

What to do if you are unwell

Need to be seen today for a non-emergency?

Think GP first

Mon-Fri, 8am - 6pm.
Ring **NHS 111**
between
6pm - 8am and
at weekends



Call NHS 111

Call **NHS 111**
between 6pm-8am
and at weekends
if you have an urgent
same day health need



Need to be seen today for an emergency?

Minor injury

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. Call **NHS 111** to access

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

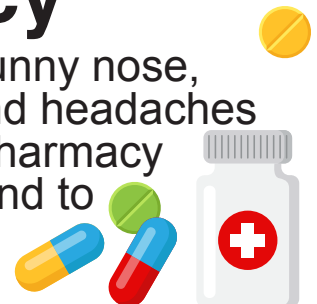
Help Yourself

For hangovers, grazed knees, coughs and sore throats visit www.nhs.uk 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 **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