

**KNOW  
YOUR**

**NHS**

**SORE  
THROAT,  
COUGH/  
COLD/FLU**

Most minor  
injuries or  
illnesses can  
be better treated  
at home

**ACHES,  
ALLERGIES,  
MEDICATION  
QUERIES**

Visit your  
local Pharmacy  
for advice

**ASTHMA,  
STOMACH  
PAIN OR  
VOMITING?**

Visit your GP  
Surgery or  
call Evening &  
Weekend Doctors  
if out-of-hours

**MINOR  
INJURIES,  
MINOR  
AILMENTS**

Go straight to  
your local  
Walk-in Centre

**SEVERE  
CHEST  
PAIN?**

Call 999 or  
visit Accident  
& Emergency  
immediately



**SELF-CARE**

**PHARMACY**

**GP SURGERY  
EVENING & WEEKEND  
DOCTORS**

**WALK-IN  
CENTRE**

**ACCIDENT &  
EMERGENCY**

You should only attend A&E for serious and life-threatening conditions that need immediate medical attention

[www.stokeccg.nhs.uk](http://www.stokeccg.nhs.uk)

## SELF-CARE

Sore throat  
Cough / cold / flu  
Grazes  
Hangover

Most minor injuries or illnesses can be treated better at home with a well-stocked medicines cabinet and plenty of rest. Some self-care essentials are: paracetamol, anti-diarrhoea medicines, re-hydration mixtures, indigestion remedies, plasters and a thermometer.

## PHARMACY

Aches  
Skin conditions  
Allergies & rashes  
Medication queries

Your local Pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment or go to A&E. Pharmacists are experts on medications and can offer advice and answer queries.

## DENTISTS

Dental Advice Line  
0300 123 0981

Severe toothache  
Dental abscess  
Knocked-out teeth

Try your usual dentist for advice. If they are closed then contact the Dental Advice Line on 0300 123 0981 (Monday to Friday 8am-5pm) however outside of these hours you can call 111, your call will be triaged and if necessary you will be seen at a local health centre.

## GP SURGERY EVENING & WEEKEND DOCTORS

SDUC  
0300 7900 246

Asthma  
Vomiting  
Ear pain  
Stomach ache  
Back pain  
Infections

If you have an illness or injury that won't go away or is getting worse make an appointment with your GP.

During evenings, weekends and bank holiday periods when your practice is closed and you require medical assistance you can call your local evening and weekend SDUC - Staffordshire Doctors Urgent Care on 0300 7900 246. This service is staffed by local GPs to ensure that all registered patients have 24/7 medical cover.

## WALK-IN CENTRE

Haywood  
01782 673500  
Hanley  
0300 123 6759  
Midway  
01782 663757

Minor injuries  
Minor ailments

Minor illnesses  
Non-emergency  
medical problems

Haywood Walk-in Centre  
High Lane, Burslem, Stoke-on-Trent, ST6 7AG  
01782 673500 (No appointment required)  
Open Mon-Fri 7am-10pm, Sat-Sun 9am-10pm

Hanley Health & Wellbeing Centre  
69-71 Stafford Street, Hanley, Stoke-on-Trent, ST1 1LW  
0300 123 6759 (No appointment required)  
Open daily 8am-8pm

Midway Medical & Walk-in Centre  
Morston House, Newcastle-under-Lyme, ST5 1QG  
01782 663757 (Ring for an appointment)  
Open daily 8am-8pm

## ACCIDENT & EMERGENCY

Chest pain  
Severe blood loss  
Choking  
Unconsciousness  
Fractures

To only be used for critical or life threatening situations. The department provides immediate clinical care for people who are seriously ill or injured. Think twice before going to A&E.

Emergencies ONLY

# A&E or 999

The above is a guide only, if in doubt please contact your GP.