

Keep A&E free for emergencies only.

Self-care

Hangover
Cough
Sore throat

Take care of yourself. For tips visit www.nhs.uk or www.eaststaffsccg.nhs.uk

NHS 111

Need help deciding where to get appropriate healthcare?

Call NHS 111

Pharmacy

Bites and stings
Conjunctivitis
Cough/sore throat/cold
Constipation
Cystitis
Diarrhoea
Emergency contraception
Headache
Head lice
Hay fever/allergies

Your local pharmacist can help you with lots of everyday ailments and offer good advice

Dentist

Toothache
Gum problems

GP Surgery

Minor injuries (excluding broken bones)
Urine infections
Rashes
Ear pain
Sexual health advice
Travel health advice

Accident and Emergency (A&E)

Choking
Chest pain
Suspected stroke
Blacking out
Blood Loss

Dial 999



Minor Injuries Units (open 24 hrs/7 days a week)
You can also receive minor injury care at the following places;
Samuel Johnson Community Hospital, Lichfield.
Tel: 01543 412900
Sir Robert Peel Community Hospital, Mile Oak, Tamworth
Tel: 01827 263800 ext 3806
www.burtonhospitals.nhs.uk

