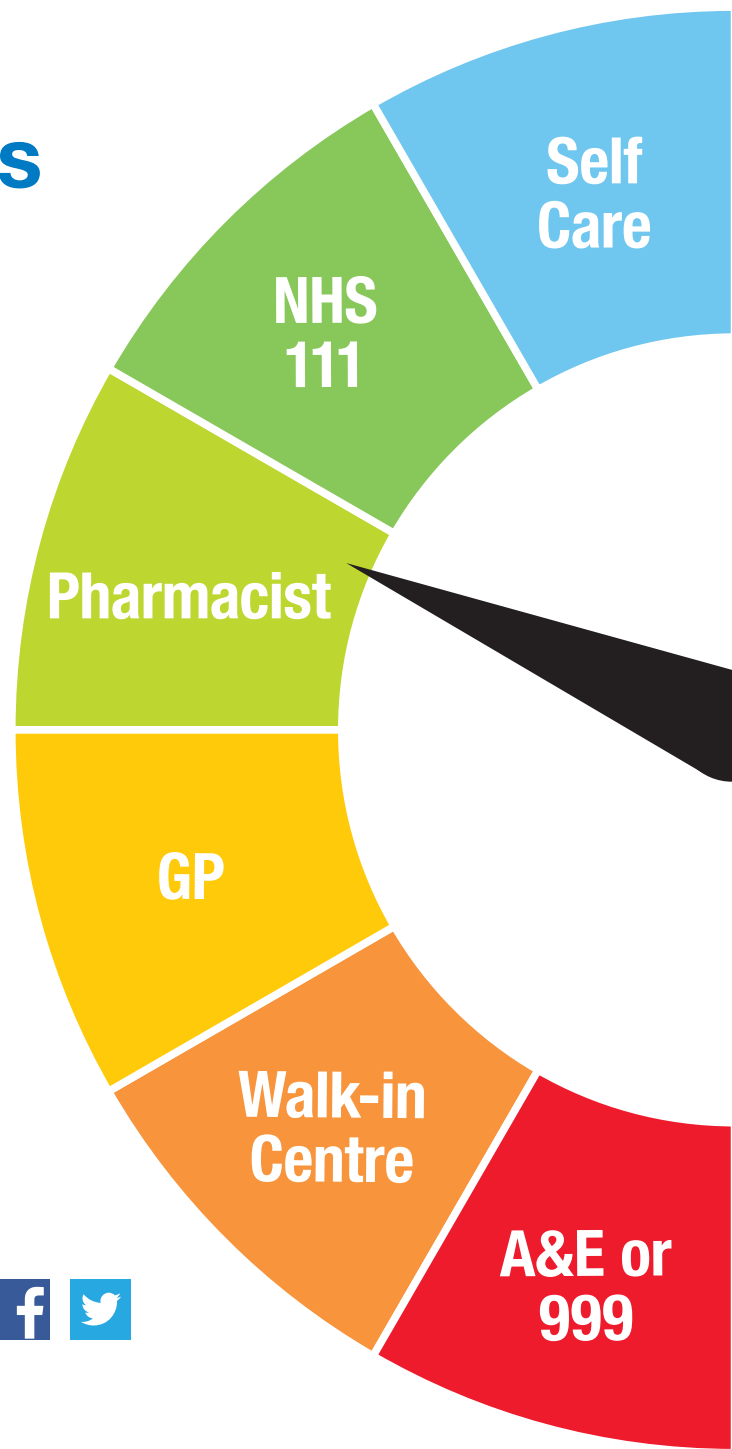


# Choose the right treatment

**Remember:**  
**A&E is for life threatening illness and injuries only.**

You can get faster and better treatment by choosing the NHS service that can best treat your symptoms.

Visit NHS Choices  
[www.nhs.uk](http://www.nhs.uk)  
for more information.



**Choose the  
right treatment**

**NHS**  
Sheffield  
*Clinical Commissioning Group*

# **Hangover. Grazed knee. Sore throat. Cough.**

## **Self-care**

A lot of illnesses or symptoms, such as coughs, colds, sore throats, upset stomachs and aches and pains can be treated in your home by using a well-stocked medicine cabinet and by getting plenty of rest and (non-alcoholic) drinks.

For further information visit  
NHS Choices [www.nhs.uk](http://www.nhs.uk).



**Choose the  
right treatment**

**NHS**  
Sheffield  
*Clinical Commissioning Group*

# Unsure? Confused? Need help?

## NHS 111

NHS 111 is a free to call service which will help you when you need to access medical and dental help fast but it is not an emergency.

It is available 24 hours a day, 7 days a week to help you access local urgent health care services. Call **111** free from a landline or mobile.

To access the NHS 111 service via textphone call 18001 111.



**Choose the  
right treatment**

**NHS**

Sheffield

Clinical Commissioning Group

**Diarrhoea.  
Runny Nose.  
Painful cough.  
Headache.**

## **Pharmacist (Chemist)**

Your local pharmacist is a highly trained healthcare professional. They can give you advice on common illnesses and the medicines you need to treat them, without the need to go to your GP first.

Most now have a quiet area where you can speak to the pharmacist more privately. You don't need an appointment and many are open during the evenings and weekends.



**Choose  
well.**



**Choose the  
right treatment**

**NHS**  
Sheffield  
*Clinical Commissioning Group*

**Unwell.  
Vomiting.  
Ear pain.  
Back ache.**

## **GP (Doctor)**

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

**If you need a GP urgently overnight or at the weekend just ring your GP's normal number.**

To find your local GP surgery opening times visit NHS Choices [www.nhs.uk](http://www.nhs.uk).



**Choose  
well.**



**Choose the  
right treatment**

**NHS**  
Sheffield  
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**If you cannot  
get to see your  
GP and it's not  
getting any better.**

## **Walk-in Services**

Walk-in services treat minor illnesses and injuries that do not need a visit to A&E.

Sheffield's walk-in services are open 365 days a year.

You do not need an appointment and will be seen by an experienced nurse or doctor.



Choose the  
right treatment

**NHS**  
Sheffield  
Clinical Commissioning Group

**Choking.  
Chest pain.  
Severe bleeding.  
Blacking out.**

## **Accident and Emergency**

Accident and Emergency departments  
and the 999 ambulance service  
**should only be used in a serious  
or life-threatening situation.**

A&E provides emergency  
treatment for people who  
show symptoms of serious  
illness or are badly injured.



**Choose  
well.**

