

# Unwell or injured?

A range of NHS services exist to help you

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| <p><b>Hangover.<br/>Grazed knee.<br/>Sore throat.<br/>Cough.</b></p>   | <p><b>Self-care</b><br/>For everyday illnesses like mild headaches, be sure to combine a well stocked medicine cabinet with plenty of rest.</p>   |
| <p><b>Unwell?<br/>Unsure?<br/>Confused?<br/>Need help?</b></p>   | <p><b>NHS Direct</b><br/>For 24-hour health advice, and to find local services. Call <b>0845 4647</b> or visit <b>www.nhsdirect.nhs.uk</b></p>  |
| <p><b>Diarrhoea.<br/>Runny nose.<br/>Painful cough.<br/>Headache.</b></p>  | <p><b>Pharmacist</b><br/>For common health problems like colds. Pharmacists give you expert advice and medicines.</p>   |
| <p><b>Vomiting.<br/>Ear pain.<br/>Sore belly.<br/>Back ache.</b></p> <p><b>Cuts.<br/>Strains.<br/>Itches.<br/>Sprains.</b></p> | <p><b>GP or urgent care service</b><br/>GPs and urgent care services can be found locally across Leicestershire county and Rutland. See page six in this guide for a list of GPs and page 12 for urgent care services.</p> <p>You can also visit NHS Choices at <b>www.nhs.uk</b></p> |
| <p><b>Heavy bleeding.<br/>Broken bones.<br/>Burns or scalds.<br/>Severe chest pain.<br/>Signs of stroke.</b></p>               | <p><b>A&amp;E or 999</b><br/>If you're injured or seriously ill you should go, or be taken to, A&amp;E at Leicester Royal Infirmary, Infirmary Square, LE1 5WW.</p>   |

