

A&E and 999 services are for life-threatening and emergency conditions only.

Self Care

The best choice to treat very minor illnesses, ailments and injuries.
Be prepared by stocking your medicine cabinet and first aid kit.

Your Local Pharmacy

Confidential, expert help with everyday illnesses,
no appointment needed.

Your GP

Can help if you have an illness that is not improving.
Contact your GP to make an appointment.

NHS 111

Call this number if you are unsure which service
you need and want advice.
Also call this number for your GP's
out of hours service.

Minor Injuries Units

For treatment of less serious
injuries, without an
appointment.

A&E A&E and 999

For critical,
life-threatening
situations
only.

Visit the NHS Choices web site www.nhs.uk
to find services near you.



Make sure you Choose Well.






Get the right treatment for you and help the NHS
to manage its resources

Alternatives to A&E

If you're feeling unwell and you are unsure about where to go then our Choose well guide will help you choose the right place for treatment. Here in the East Riding of Yorkshire we have a range of local NHS services to choose from, it doesn't have to be A&E.

NHS

East Riding of Yorkshire
Clinical Commissioning Group

	Grazed knee. Sore throat. Cough. Stock your medicine cabinet.	Self-care
	Unwell? Unsure? GP surgery closed? Need help?	NHS 111
	Diarrhoea. Runny nose. Painful cough. Headache.	Pharmacy
	Vomiting. Ear pain. Stomach ache. Back ache.	GP surgery
	Cuts. Burns. Bites. Simple fractures.	Minor injury unit
	Choking. Chest pain. Blacking out. Blood loss.	A&E or 999 Emergencies only

For further information please go to: www.eastridingofyorkshireccg.nhs.uk/choose-well