

# Keep A&E free for emergencies only.

## Self-care

Hangover  
Cough  
Sore throat

Take care of yourself. For tips visit [www.nhs.uk](http://www.nhs.uk) or [www.eaststaffsccg.nhs.uk](http://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](http://www.burtonhospitals.nhs.uk)

