Choose well.

NHS
East Staffordshire
Clinical Commissioning Group

A & E

For SERIOUS injuries or illnesses

ONLY

Choose well.

NHS
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Clinical Commissioning Group

A & E

A&E departments assess and treat patients with serious injuries or illnesses. Generally, you should **ONLY** visit A&E or call 999 for LIFE-THREATENING emergencies, such as:

- loss of consciousness
- acute confused state and fits that are not stopping
- persistent, severe chest pain
- breathing difficulties
- severe bleeding that cannot be stopped

Choose well.

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Did you know?

One in three people who visit A&E could receive treatment more appropriately elsewhere.

Choose well.

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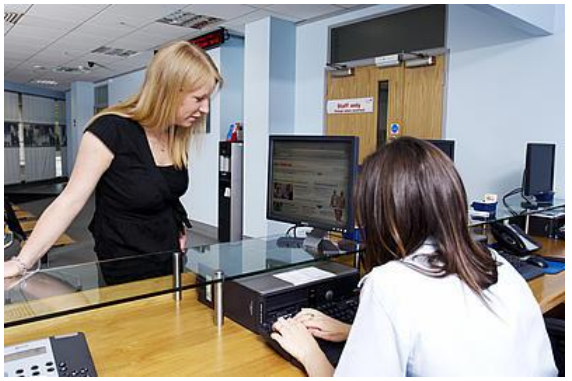
Minor Injury Unit

Your local Minor Injury Unit (MIU) can treat a wide variety of problems.

Including cuts and grazes, dog bites, sprains and strains, minor head injuries and minor burns.

If you have a minor illness like a cold or flu, earache, sore throat, a rash or urine infection your MIU can help.



Choose well.

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Your Minor Injury Units

Sir Robert Peel Community Hospital
01827 263800
Open 24 hours a day, 7 days a week

Samuel Johnson Community Hospital
01543 412900
Open 24 hours a day, 7 days a week

Choose well.

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Your own GP

Your GP surgery can deal with your illnesses including chronic conditions like diabetes, asthma as well as general care for patients who are terminally ill.

Choose well.

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GP Out of Hours Service

The GP out of hours service runs from 18:00 to 08:00 on weekdays and all day at weekends and on bank holidays.

If you call your GP out of hours your call will be answered by NHS 111, who will direct you to the most clinically appropriate service.

Choose well.

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Your pharmacist

Your local pharmacy can provide a whole range of services including free advice, support and guidance on your health.

Check the opening times of your local pharmacist via NHS Choices www.nhs.uk

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Avoid a crisis

Be prepared and buy your essentials now.

The pharmacist can advise on a well-stocked medicine cabinet.

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Dental Access Centres

Providing emergency treatment. Available to everyone even if they are not registered with a dental practice

Balance Street Health Centre, Uttoxeter 01889 56 23 77

Choose well.

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First aid – the basics

Consider keeping first aid kits in your home and in your car.

Your collection of first aid supplies and equipment may include bandages for controlling bleeding, vinyl gloves, sterile dressing and plasters.

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FLU

To reduce the risk of spreading the virus follow the simple steps opposite:

The flu vaccine is also offered to people who are at risk to ensure that they are protected against catching flu and developing serious complications.

If you think you qualify for a flu vaccination, check with your GP, practice nurse or your local pharmacist.

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

Choose well.

NHS
East Staffordshire
Clinical Commissioning Group

Consider these alternatives and save

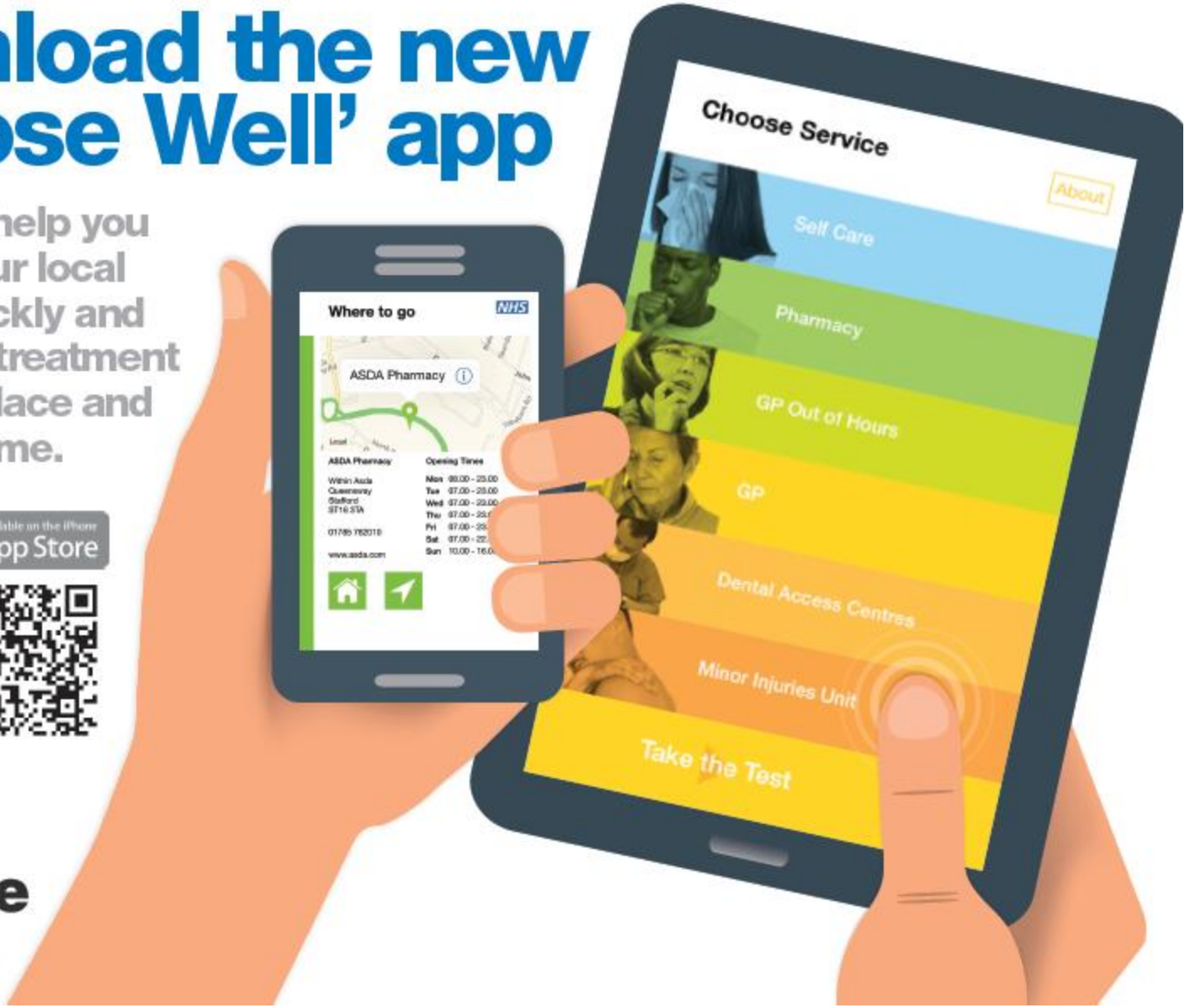
A&E
for SERIOUS injuries or illnesses

Download the new 'Choose Well' app

Designed to help you to access your local services, quickly and get the right treatment at the right place and at the right time.

Available on the Android App Store

Available on the iPhone App Store



Choose well.