# Attention! NHS

### A&E is for life-threatening illnesses and injuries only!

When you attended A&E today, you were directed by an A&E Nurse to see a G.P in the Department. Should the same problem re-occur, you should consider going to alternative NHS services in your local area.



#### **GP Surgery**

Your family doctor (GP) is responsible for providing care to you during normal working hours, Monday to Friday 8.00am to 6.30pm (excluding bank and public holidays). GP Out of Hours Services provide health care for urgent medical problems outside normal surgery hours.



#### **Pharmacy**

Most people are a 15 minute walk to a pharmacy. Your pharmacist can give you advice on many common illnesses, such as diarrhoea, minor infections, travel advice or sore throats.



#### **NHS 111**

Dial 111 - If you urgently need medical help or advice but it's not a life-threatening situation. You can also call 111 if you are not sure what service you need.



#### **NHS Walk-In Centres**

Visit a walk-in centre or urgent care centre if you have a minor illness or injury (cuts, sprains, suspected fractures etc). Please see overleaf for details of your nearest centre.



#### Self-care

A&E

Some injuries and illnesses can be dealt with at home. This is called self-care and examples of these ailments include: grazed knees, coughs and colds etc.



An A&E department (also known as emergency department or casualty) deals with genuine life-threatening emergencies, such as, loss of consciousness, heart attacks and major accidents.

## Find your nearest NHS Walk-In Centre:

#### St.Helens NHS Walk-In Centre

Millennium Centre Corporation Street St Helens WA10 1HJ Tel: 01744 627 400

#### Widnes NHS Urgent Care Centre

Health Care Resource Centre Caldwell Road Widnes WA8 7GD Tel: 0151 495 5000

#### **Runcorn NHS Urgent Care Centre**

Halton Hospital Hospital Way Runcorn WA7 2DA Tel: 01928 714 567

#### **Huyton NHS Walk-In Centre**

Nutgrove Villa Westmorland Rd Huyton L36 6GA Tel: 0151 244 3150 By choosing the most suitable service for you, it helps the A&E team to deal with the patients most in need. If you are not sure where is best for you, then call

The Walk-In Centres are usually open between 7.00am-10.00pm, 365 days a year. If in doubt about the services they offer, or opening times, please give them a ring.

For more information on the services available locally, visit the NHS Choice website: **www.nhs.uk** 

#### **#MAKETHERIGHTCALL**

