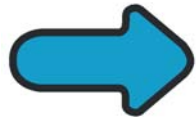


Feeling unwell?



There are a range of NHS services available that can help you get the right information, support and help, so remember to choose well.



SELF CARE

Many everyday illnesses and injuries can be managed at home. A pharmacist can advise you about over-the-counter pain relief and remedies.



NHS DIRECT

For expert health advice and information, call **0845 4647 24** hours a day, or visit www.nhs.uk



PHARMACIST

Check your local paper or pharmacy window for opening times.



GPs

Your GP is the right choice for general medical advice and treatment, prescriptions, vaccinations and tests. If you're not registered with a GP practice, contact your local surgery. If you have a health problem when your surgery is closed, contact the out of hours service on **0300 130 1313**.



MINOR INJURIES UNIT / URGENT TREATMENT CENTRE

Before going to Accident and Emergency (A&E) consider if you could get the right treatment at a Minor Injury Unit (MIU) or Urgent Treatment Centre (UTC). They can help with cuts, sprains and strains, broken bones, wound infections and minor burns and scalds.

Crawley Hospital UTC - 01293 600300 ext 4141 (Open 24 hours, including weekends and bank holidays).

Bognor Regis War Memorial Hospital MIU - 01243 623564

Horsham Hospital MIU - 01293 600300 ext 7202

Queen Victoria Hospital MIU in East Grinstead - 01342 414375

Zachary Merton Hospital MIU in Rustington - 01903 858100

The MIUs are open Monday – Friday (daytime) but closed weekends and bank holidays (except Queen Victoria Hospital which is open weekends).



ACCIDENT AND EMERGENCY / 999

If you think you are suffering from a heart attack, sudden unexplained shortness of breath, heavy bleeding, unconsciousness, traumatic back, spinal or back pain, **you must dial 999**. Accident and Emergency departments should only be used in a critical or life threatening situation. There are A&E departments in West Sussex at **St Richard's Hospital** (in Chichester), **the Princess Royal Hospital** (in Haywards Heath) and **Worthing Hospital**. All are open 24 hours every day.