

What to do and where to go if you become ill or are injured.



East Riding of Yorkshire
Clinical Commissioning Group

SELF-CARE	Got a common illness?	Treat yourself at home with a well-stocked medicine cabinet and a first aid kit.
NHS 111	Feeling unwell and don't know where to go?	Talk before you walk. Contact NHS 111.
PHARMACY	Need advice about a minor ailment, illness or common problem like infections, diarrhoea or headache?	Go to your local pharmacist for advice.
GP	Need care for an ongoing illness or are concerned about your health?	Call your GP for an appointment. If it's out of hours ring NHS 111.
URGENT TREATMENT CENTRE / 8 TO 8 CENTRE	Need urgent care for an injury or illness that is not serious, life or limb threatening?	Visit an Urgent Treatment Centre between 7am and 11pm. NHS 111 may arrange an appointment at an 8 to 8 Centre between 8am and 8pm. Urgent Treatment Centres: Beverley: Swinemoor Lane HU17 0FA Bridlington: Bessingby Road YO16 4QP Goole: Woodland Avenue DN14 6RX 8 to 8 Centres: Driffield: Bridlington Road YO25 5JR Withernsea: Queen Street HU19 2QB
A&E 999	Got a serious injury or life-threatening illness?	Call 999 or go immediately to A&E.



Talk before you walk. Contact NHS 111
choosewelleastriding.co.uk