



Choose well.



Wakefield District

It doesn't have to be A&E.



**Unexpected sickness.
Severe pain.
Worsening health conditions.**

Ring West Yorkshire Urgent Care Services on 0345 605 9999.



**Hangover.
Grazed knee.
Sore throat.
Cough.**

**Take care of yourself.
Keep a well stocked medicine cabinet.**



**Unwell.
Unsure.
Confused.
Need help.**

Call NHS Direct on 0845 4647 or visit www.nhsdirect.nhs.uk



**Diarrhoea.
Runny nose.
Painful cough.
Headache.**

Go to your nearest pharmacy (chemist).



**Being sick.
Ear pain.
Stomach bugs.
Backache.**

Call your GP.



**Cuts.
Strains.
Rashes.
Sprains.**

Go to the nearest walk-in centre or minor injuries unit.



**Choking.
Chest pain.
Severe bleeding.
Blacking out.**

Go to A&E or ring 999.

If you have a smartphone, you can now download a free app for Android and iPhones.

ANDROID



iPhone

