

# Stay well

Guide to help you choose the right service for you and your NHS



North Yorkshire  
Clinical Commissioning Group

## Self-care

Hangovers.  
Coughs. Colds.  
Grazes. Small cuts.  
Sore throats.



**Self-care** is the best choice to treat minor illnesses and injuries.

A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.

## Pharmacy

Diarrhoea. Earache.  
Painful coughs.  
Sticky eyes.  
Teething. Rashes.



**Pharmacy Teams** advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time.

No appointment is needed and most pharmacies have private consulting areas.

## GP Practice

Illness where self-care and pharmacist care have not worked. Long-term medical conditions.



Doctors, nurses, healthcare assistants and paramedics working in GP Practices have an excellent understanding of general health issues and can deal with a wide range of health problems.

## Minor Injuries

Cuts. Sprains.  
Strains. Bruises.  
Itchy rashes.  
Minor burns.



**Urgent Treatment Centres** and **Minor Injuries Units** are for illnesses and injuries that need treating fast.

Appointments are not essential, but it's best to dial 111 first.

## A&E/999

Severe bleeding. Severe chest pain. Strokes.  
Breathing difficulties.  
Loss of consciousness.



**A&E** or **999** are best used in an emergency for serious or life-threatening situations.

## NHS 111

If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies dial **111** or visit [www.111.nhs.uk](http://www.111.nhs.uk)



24 hours a day  
7 days a week

## NHS online

You can also access health advice and guidance or find your nearest service online through the **NHS website**.



Visit [www.nhs.uk](http://www.nhs.uk)