



**Adult
Emergency Dept**
←

Sore throat
Should have treated themselves at home from their medicine cabinet

Painful cough
Should be at the Pharmacy

Severe chest pain
Should have been at the front of the queue

Stomach ache
Should be at the GP

Unsure or confused about an illness
Should have called NHS Direct

Minor cuts
Should be at the Urgent Care Centre, Walk-in Centre or Minor Injuries Unit

Urgent Care Centre
Leicester Royal Infirmary, Infirmary Square, Leicester LE1 5WW. Open 24 hours a day, 365 days a year

Walk-in Service
Merlyn Vaz Health and Social Care Centre, Spinney Hill Road, Leicester LE5 3GH
0116 242 9450. Open from 8am-8pm, 365 days a year

Oadby & Wigston Walk-in Medical Centre
18 The Parade, Oadby LE2 5BJ
0116 271 1360
Open 8am-8pm, 365 days a year

Loughborough NHS Walk-in Centre
Pinfold Gate, Loughborough Leicestershire LE11 1BE
01509 553 998 open 24 hours a day, 365 days a year.
X-rays available Mon-Fri 9am-12.30pm and 1.30-4.30pm

Your local NHS services

Melton Mowbray Hospital Minor Injury and Illness Service
Thorpe Road, Melton Mowbray LE13 1SJ 01664 800 103
Open weekends and bank holidays 9.30am-1.30pm.
A minor injury service is provided on weekdays at Latham House Medical Practice, Sage Cross Street from 8.30am-6pm.

Feilding Palmer Hospital Minor Injury Unit
Gilmorton Road, Lutterworth, Leicestershire LE17 4DZ
01455 552 150
Open from 9am-9pm, 365 days a year for minor injuries only

Your local NHS services

Rutland Memorial Hospital Minor Injury and Illness Unit
Cold Overton Road, Oakham Rutland LE15 6NT
01572 722 552
Nurse-led service available Mon-Fri 9am-5pm. X-rays available Mon-Fri 9am-1pm. Urgent care is available 9am-9pm weekends and bank holidays, please call the Out of Hours Service first for appropriate advice (see next page).

Market Harborough Minor Injury and Illness Unit
Coventry Road, Market Harborough LE16 9DD 01858 410 500
Open from 9am-9pm, 365 days a year. X-rays available Mon-Fri 9am-4.30pm.

Your local NHS services

Contacting your GP out of hours
If you need to see a doctor urgently outside opening hours, contact your local surgery. You will be given the number for, or be transferred to the Out of Hours service. If you cannot get through to the service via your practice, or you have not registered with a GP you can contact the service direct on 0845 045 0411. If you need to be seen, you will be given an appointment at a base of your choice.

Repeat prescriptions
Please ensure that you request repeat prescriptions from your GP in plenty of time so that you do not run out of your essential medication. The emergency department and walk-in centres should not be used for this.

Your local NHS services

If you have a dental emergency
If you think you need urgent treatment for a tooth or gum problem and you already have a dentist, you should contact them on their usual number. If you do not have a dentist call 0845 840 0065 for an emergency appointment.

If you need help understanding this document, please call 0116 295 4743

ਜੇ તમને આ દસ્તાવેજમાં આપેલ માહિતી સમજવા માટે મદદ જોઈતી હોય તો મહેરબાની કરીને 0116 2954743 પર ફોન કરો.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਵਿਸ਼ਾ ਵਸਤੂ ਸਮਝਣ ਲਈ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ 0116 295 4743

अगर आपको इस दस्तावेज़ में शामिल जानकारी समझने में सहायता चाहिए तो कृपया 0116 295 4743 पर फ़ोन कीजिए।

Jeśli potrzebujesz pomocy w zrozumieniu treści tego dokumentu prosimy o telefon pod numer 0116 2954743.

Hadii aad u baahantahay in lagaa caawiyo fahmida qoraalka ku qoran documintigaan fadlan nagala soo xiriir telefoonkaan 01162954743.

এই ডকুমেন্ট'এর কোন বিষয় বুঝতে আপনার যদি সাহায্যের প্রয়োজন হয়, তাহলে অনুগ্রহ করে 0116 295 4743 নাম্বারে টেলিফোন করুন।

"اگر آپ کو اس دستاویز کے مشمولات کو سمجھنے میں مدد کی ضرورت ہو تو براہ کرم ہمیں 0116 2954743 پر فون کریں۔"

倘若您需要幫助，以便瞭解本文件的內容，請致電 0116 2954743

هذه الوثيقة، يُرجى الاتصال بالرقم 0116 2954743 إذا كنت بحاجة إلى مساعدة في فهم محتويات

**you can
choose better**



NHS
Leicester City
Leicestershire County and Rutland

Self Care

Hangover
Grazed knee
Sore throat
Cough

Self-care is the best choice to treat very minor illnesses, ailments and injuries. A range of common illnesses and complaints, such as coughs, colds, sore throats, upset stomachs and aches and pains can be treated with a well stocked medicine cabinet and plenty of rest.

Some self-care essentials

- Paracetamol and/or ibuprofen
- Anti-diarrhoeal medication
- Re-hydration mixtures
- Indigestion or heartburn remedies
- A thermometer
- Plasters

For more information on self-care, please visit www.choosebetter.org.uk

NHS Choices NHS Direct

Unwell?
Unsure?
Confused?
Need help?

NHS Choices is a dedicated website where you can find up-to-date and expert advice on a range of illnesses and complaints, as well as find your nearest NHS services, such as GPs, dentists, pharmacists, walk-in centres and so on. Visit www.nhs.uk

NHS Direct provides a confidential telephone service, 24 hours a day, to give advice and guidance on health issues. Calls cost a maximum 5p from a BT landline. Calls from mobiles and other networks may vary. An interpretation service is available in many languages. Call 0845 4647 or visit www.nhsdirect.nhs.uk

Your local pharmacy

Diarrhoea
Runny nose
Painful cough
Headache

Your local **high street pharmacy** can provide confidential, expert advice and treatment for a range of common illnesses and complaints such as coughs, colds, sore throats, ear or toothaches and emergency contraception. You can also get advice on prescription medicines.

More information

To find your nearest local pharmacy, look in your local phone directory, or go to www.nhs.uk or text 'pharmacy' to 64746 to receive three free texts with details of your nearest pharmacies. Alternatively, visit www.choosebetter.org.uk.

Your GP

Vomiting
Ear pain
Sore belly
Backache

If you have an illness or injury that won't go away that isn't life threatening, contact **your GP** surgery first if possible to make an appointment. Core opening hours are Mon-Fri 8am-6.30pm. Many GPs now offer extended opening hours including at evenings and weekends. Please contact your practice for details. If you require a GP outside of normal opening hours please call the **GP Out of Hours service**. (See reverse for details)

More information

To find your nearest GP service, go to NHS Choices www.nhs.uk or call NHS Direct 0845 46 47. Alternatively, visit www.choosebetter.org.uk

Walk-In Centre Minor Injuries Unit Urgent Care Centre

Cuts
Sprains
Strains
Vomiting

Walk-in centres, urgent care centres and minor injuries units offer access to a range of treatment for minor illnesses and injuries including, lacerations, stomach upsets, burns and strains. You will be seen by an experienced nurse, without an appointment. X-ray is available at some locations. We have 8 such services in Leicester, Leicestershire and Rutland.

More information

See reverse for details or visit www.choosebetter.org.uk

The Emergency Department and 999

Heavy bleeding
Broken bones
Burns or scalds
Chest pain

These services should only be used in an emergency, a critical or life-threatening situation. Play your part by considering one of the other services where possible to allow staff to concentrate on treating patients who are seriously ill or injured.

999 is the telephone number for emergency medical assistance following a serious accident, illness or injury - for example, in the event of traumatic blood loss, chest pain or loss of consciousness

The Emergency Department for Leicester, Leicestershire and Rutland is at Leicester Royal Infirmary and provides emergency care 24 hours a day, seven days a week.

Did you know?

The **Emergency Department** is for serious and life threatening conditions:

Heavy bleeding, broken bones, burns or scalds, chest pain, strokes.

Many patients can be treated elsewhere. The **Emergency Department** is for real emergencies only. Please play your part. Look inside to find the right place for treatment or visit www.choosebetter.org.uk

**you can
choose better**