

# Injured or unwell? Choose the right service

Visit [111.nhs.uk](https://111.nhs.uk) for urgent medical advice if you're not sure what to do



## Self-care

- Grazed knees
- Sore throat
- Coughs & colds

Visit [nhs.uk](https://nhs.uk) for self-care advice



## Pharmacy

- Headaches
- Upset stomach
- Aches & pains
- Bites & stings



## NHS 111

Visit [111.nhs.uk](https://111.nhs.uk) or call 111 for advice and support

24 hours a day,  
7 days a week



## GP

Call your GP for symptoms that won't go away



## Minor Injuries Unit

Urgent but not life-threatening

- Sprains
- Broken bones
- Wounds
- Burns
- Minor head injuries



## Urgent Care at the RUH

Urgent but not life-threatening

- Sprains
- Broken bones
- Wounds
- Burns
- Minor head injuries
- Minor illness

## Emergency Department

Life threatening and serious injuries

- Unconscious
- Breathing difficulties
- Stroke
- Heart attack
- Heavy bleeding
- Severe burns