

H

A & E

Real emergencies

Only

Did you know?

**One in three people who
visit A&E could receive
treatment more
appropriately elsewhere**



Minor Injury Unit

Your local Minor Injury Unit (MIU) can treat a wide variety of problems

Including cuts and grazes, dog bites, sprains and strains, minor head injuries and minor burns.

If you have a minor illness like a cold or flu, earache, sore throat, a rash or urine infection your MIU can help

Your Minor Injury Units

Samuel Johnson Community Hospital

Open 24 hours, 7 days a week

Sir Robert Peel Community Hospital

Open 24 hours, 7 days a week

Cannock Chase Hospital

Open 8.00 a.m. until midnight, 7 days a week

Your own GP



Your GP surgery can deal with your illnesses including chronic conditions like diabetes, asthma as well as general care for patients who are terminally ill

GP Out-of Hours Service

If you call your GP out-of-hours service needing urgent medical advice or assistance, your call will be answered by or diverted to a specially trained professional who will assess you and offer a range of health support.

GP Out-of-Hours 0300 1 30 30 30



Your pharmacist

Your local pharmacy isn't just there to dispense your

prescription and sell you a box of paracetamol tablets. It can provide a whole range of services including free advice, support and guidance on all your health problems.

Check the opening times of your local pharmacist via NHS Direct on 0845 46 47 or online at www.nhsdirect.nhs.uk

Avoid a crisis

**Be prepared and buy your
essentials now.**

**The pharmacist can advise
on a well-stocked medicine
cabinet**

NHS Direct

0845 46 47

NHS Direct operates a 24-hour health advice and information service, providing confidential information

Or visit NHS Direct on line

www.nhsdirect.nhs.uk



Dental Access Centres

Providing emergency treatment. Available to everyone even if they are not registered with a dental practice

Please call to make an emergency appointment

Stoneydelph Health Centre, Tamworth

01827 89 33 86

Balance Street Health Centre, Uttoxeter

01889 56 23 77

Central Clinic, Stafford

01785 22 36 46

Dental Dept. Cannock Chase Hospital

01543 57 62 10

Dental Dept. Cross Street, Burton

01283 50 58 10

Social Care

**In an emergency, high risk
situation outside of office hours**

**(8.30 a.m. – 5 p.m. Monday to Thursday and
8.30 a.m. – 4.30 p.m. Friday)**

please call

0845 604 28 86

First aid – the basics

Consider keeping first aid kits in your home and in your car

Your collection of first aid supplies and equipment may include bandages for controlling bleeding, vinyl gloves, sterile dressing and plasters.

Swine Flu

To reduce the risk of spreading the virus follow the simple steps below:

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



**Consider these
alternatives and
save A&E for a real
emergency**