

**SORE  
THROAT?**

**CHOOSE  
SELF CARE**

**FEVERISH  
CHILD?**

**CHOOSE  
YOUR GP SURGERY**

**DEEP CUT?**

**CHOOSE  
THE MINOR  
INJURIES UNIT**

**HEALTH  
ADVICE  
RIGHT  
NOW?**

**CHOOSE  
NHS DIRECT**

**COUGH  
OR COLD?**

**CHOOSE  
A PHARMACIST**

**SEVERE  
CHEST PAIN?**

**CHOOSE  
A&E or call 999**



**Choose  
well.**

For more information go to  
[www.oxfordshirepct.nhs.uk](http://www.oxfordshirepct.nhs.uk)  
or call **NHS Direct** on **0845 46 47**

Hangover  
Grazed knee  
Sore throat  
Cough  
Minor cuts  
Minor sprains

For minor ailments, grazes, bruises and similar problems, **choose self-care**

Don't forget to keep your first-aid kit well stocked - ask your pharmacist for advice or pick up our handy check list

Unwell  
Unsure?  
Confused?  
Need help?

For absolutely any questions about your health, **choose NHS Direct**

Tel: **0845 4647\***  
Freeview channel 100  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Diarrhoea  
Minor infections  
Headache  
Travel advice  
Bites and stings

For tummy upsets, insect bites, coughs and colds, **choose a pharmacist**

Your local pharmacist can help with everyday ailments and many have a private consultation room

Feverish children  
Vomiting  
Ear pain  
Feeling ill  
Rashes

For hot children, infections and persistent symptoms, **choose your GP**

If your surgery is closed, you can call the Out of Hours Service on **0845 345 8995** and get advice or a doctor may arrange to see you

Deep cuts  
Eye injury  
Broken bones  
Severe sprains  
Minor head injury  
Minor burns and scalds

For minor injuries, **choose NHS MIU (Minor Injuries Unit)**

**NHS Minor Injuries Units open 7 days**  
**Abingdon MIU,**  
Abingdon Hospital,  
Marcham Road OX14 1AG  
10.00 to 22.30hrs  
☎ **01865 425161**  
**Henley-Townlands MIU,**  
Townlands Hospital,  
York Road RG9 2EB  
9.00 to 20.00hrs  
☎ **01491 637435**  
**Witney MIU,**  
Witney Hospital,  
Welch Way OX28 6JJ  
10.00 to 22.30hrs  
☎ **01608 648262**

Life threatening choking  
Chestpain  
Blacking out  
Severe blood loss  
Severe breathing difficulty

For life threatening conditions, **choose 999 - Emergency Dept (A&E)**

**Call 999 for an ambulance**  
**Emergency Department**  
Oxford University Hospitals  
OX3 9DU  
**Emergency Department**  
Horton General Hospital  
OX16 9AL  
24hrs/365 days