Why use Accident and Emergency when other services are available to you?

For minor illnesses that you can treat at home, make sure you have a well-stocked home first aid kit.

A good starting place when you need rapid health advice and treatment. Pharmacists have over-the-counter medication for everyday ailments and can advise about minor conditions.

Call 111 - When you need help fast but it is not an emergency and you are unsure of where to go.

Call your GP - If your health need is urgent, your GP surgery can generally offer you same day support.

Bracknell Urgent Care Centre - Open 8am to 8pm every day
- Minor scalds and burns
- Broken bones (fractures)
- Cuts, grazes, wounds
- Minor eye injuries and infections
- Skin complaints, eg bites and stings
- Foreign bodies eg splinters
- Minor head injuries from a low fall
- Muscle or joint injuries, sprains, strains
- Localised allergic reactions and infections

Healthwatch Bracknell Forest is the independent consumer champion for health and social care; gathering and representing the views of the public. For all health and social care matters we provide; Information, Advice, Guidance, Support and Signposting.

Call 01344 266911
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Web www.healthwatchbracknellforest.co.uk

Life-threatening conditions
Call 999