

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
NHS
Urgent Care
Centre**

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
Email enquiries@healthwatchbracknellforest.co.uk
Web www.healthwatchbracknellforest.co.uk



**Life-threatening
conditions
Call 999**