Save A & E for When you Need It!

Only one of these people needs Accident and Emergency (A & E)

Cut finger
Severe chest pains
Bad earache
Flu
Morning after pill
Minor sports injury

When you’re feeling ill, know how to choose the right option for your illness or condition

All our publications are available in other formats. For further information visit our website: www.aneurinbevanhb.wales.nhs.uk
**Self care** - the best option when you have a minor illness or injury you can deal with yourself, such as: **hangover, cuts and grazes, sore throat, coughs and colds.**

Visit your local pharmacist for expert advice on specific health issues, eg: **colds and viruses, the morning after pill, skin conditions and allergies.** Visit aneurinbevanhb.wales.nhs.uk or contact NHS Direct Wales for pharmacy opening hours.

Visit your dentist for regular check ups, planned routine treatment and emergency care. If you are not registered with a dentist and need urgent treatment, call the Dental Helpline on 01633 488389.

Visit your Optician for eye problems such as: blurred vision, difficulty seeing well or discomfort, eg **red eyes, irritated eyes, itchy eyes, watery eyes or sticky eyes.**

Visit your GP Practice or call the Gwent Out of Hours GP Service on 0845 600 1231. When your illness or injury won’t go away, see your GP or practice nurse who can advise on conditions like: **long term conditions, ear pain, stomach ache, joint and back pain, respiratory problems.** Remember to keep your appointment.

Call NHS Direct Wales if you are too ill to wait until your GP surgery is open. **Call 0845 46 47** for 24 hour confidential healthcare advice.

**Call 999 or go to A & E, only for serious illness or accidents, eg:**
- severe difficulty in breathing, swallowing or talking
- if someone is unconscious
- suspected stroke or heart attack
- head injuries, fractures or wounds requiring stitches
- any suspicion of self harm, or any suspicion of Non Accidental Injury in a child