







Help us help you... use the right service



					
Self Care	Pharmacy	NHS 111	GP Advice	UTC/MIU	ED (A&E) or 999
Care for yourself at home	Local expert advice	Non-emergency help	Contact your GP surgery	Urgent Treatment Centre or Minor Injuries Units	For emergencies only
Minor cuts & grazes	Minor illnesses	Feeling unwell?	Persistent symptoms	Go to Gosport War Memorial Hospital, Petersfield Hospital or St Marys Urgent Treatment Centre (Portsmouth) for minor injuries such as breaks, sprains, cuts and other minor conditions	Signs of heart attack
Minor bruises	Headaches	Unsure?	Chronic pain		Signs of stroke
Minor sprains	Stomach upsets	Anxious?	Long term conditions		Choking
Coughs and colds	Bites & stings	Need help?	New prescriptions		Blacking out or serious blood loss
		Call or go online at 111.nhs.uk	Out of hours Call 111		

If you don't know what to do or need advice contact NHS 111.

While we continue to manage social distancing, the Emergency Department at Queen Alexandra Hospital and our local GP practices are very busy. Other services can help if you need NHS help in a hurry but phone before you go...

Minor illness? Ask a pharmacist

Get expert advice on common health problems (coughs, colds, flu, rashes) from your local pharmacist. It may save you a trip to your GP surgery – you don't need an appointment and you can speak in a private area. You'll be advised if they think you need further help.

Minor injury? Try one of these

You can often be seen more quickly, 7 days a week, for broken bones, sprains and strains, minor cuts and wound infections at:

- St Mary's Urgent Treatment Centre, Milton, Portsmouth
0333 200 1822
Open from 7.30am to 10pm weekdays and 8am – 10pm weekends
- Petersfield Community Hospital Minor Injuries Unit
023 82 310595
Open seven days a week from 8am to 5.45pm
- Gosport War Memorial Hospital Minor Injuries Unit
023 92 794753
Open seven days a week from 8am to midnight.

Not sure? NHS 111 or 111.nhs.uk

Leave the Emergency Department for life threatening conditions. If you are waiting for a convenient time to go, it's not an emergency. If you are not sure, NHS 111 will advise you and find the appropriate care for you.

1. Keep the Emergency Department free for those with critical or life-threatening conditions.
2. If you think you might need to go to the Emergency Department but you are not sure, call 111 first for advice. They can book you a time slot to attend ED if you need to go.
3. Phone your GP practice or use the econsult function on their website if you need same day help from a GP.
4. If you have **symptoms of COVID-19** (a high temperature or a new, continuous cough), loss or change of sense of smell or taste, please do not attend the Emergency Department or any of these other services. **Check what to do here** on the nhs.uk website
5. Share this information with your relatives, friends and colleagues locally.

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THINGS YOU
CAN DO

If you need this information in an alternative format (eg large print) or language email sehccg.enquiries@nhs.net