



# Minor injury or illness?

Choose well to get the right NHS service

Emergency Department  
QA Hospital

Chest pain.  
Blacking out.  
Blood loss.

St Mary's  
NHS  
Treatment  
Centre

Cuts.  
Sprains.  
Minor fractures.

GP Surgery

Stomach pain & vomiting.  
Ear pain.  
Feeling ill.

Pharmacist

Minor infections.  
Headache.  
Travel advice.

NHS Direct

Health advice  
0845 4647.

Self-care

Hangover.  
Indigestion.  
Sore throat.  
Grazed knee.