

A&E won't kiss it better... They only deal with real emergencies.

There are a range of **other** NHS services on your doorstep for when you are feeling unwell.

**Sore throat
Tickly cough
Hangover
Cold Flu**

Self-care

The best choice to treat very minor illnesses and injuries.

Reduce your risk of spreading illness by:

- Using a tissue for coughs and sneezes
- Disposing of tissues quickly - in the toilet ideally
- Regularly washing hands with soap and warm water
- If you are infectious keep out of contact with others until 48 hours after symptoms have stopped.

Prepare for illnesses by visiting your local pharmacy and stocking up on essential remedies and advice, and also ensure you drink plenty of fluids.

Make sure your medicine cabinet is stocked up with:

- A thermometer
- Paracetamol - Remember antibiotics don't work on colds and flu viruses or the norovirus stomach bug (diarrhoea & vomiting)
- Medicine to treat diarrhoea or indigestion.

For more information visit: www.wirralccg.nhs.uk/your%20health

**Unsure?
Confused?
Need advice?**

NHS Choices and NHS 111

If you need health advice or information about local health services, contact NHS 111 by dialing **111** or visit www.nhs.uk.

**Upset tummy
Runny nose
Headache
Hayfever
Cold & flu**

Pharmacy

For fast, effective expert advice. Your pharmacist can provide advice on common health problems and the best medicine to treat them. To find your local pharmacy visit www.nhs.uk/chemist.

**Being sick
Earache
Backache
Sore tummy**

GP

Find your local GP at www.nhs.uk. For emergency GP Out-of-Hours call **0151 678 8496**. Open 6.30pm - 8am; 24 hours weekends and bank holidays.

All Day Health Centre
(Arrowe Park Hospital site)

8am - 10pm Monday to Sunday

**Cuts
Sprains
Strains
Sports injury**

Walk in Centres and Minor Injury / Illness Clinics

Victoria Central, Wallasey
(with x-ray facilities)

8am - 10pm Monday to Sunday
(including bank holidays)

Eastham Walk-in Centre

2pm - 10pm Monday to Friday
9am - 5pm weekends and bank holidays

Arrowe Park Walk-in Centre

8am - 10pm Monday to Sunday

Birkenhead Medical Building

10am - 8pm Monday to Thursday
10am - 6.30pm Friday
10am - 5pm weekends and bank holidays

Parkfield Medical Centre

10am - 8pm Monday to Thursday
10am - 6.30pm Friday

Moreton Health Clinic

12pm - 7pm Monday and Tuesday
12pm - 8pm Wednesday and Thursday
10am - 6pm Friday

**Serious injury
Chest pain
Can't breathe**

A&E - 999

999 should only be used in a critical or life-threatening situation.