



# Choose well.

## It doesn't have to be A&E.



**Unexpected sickness.  
Severe pain.  
Worsening health  
conditions.**

**Ring West Yorkshire  
Urgent Care Services  
on 0345 605 9999.**



**Hangover.  
Grazed knee.  
Sore throat.  
Cough.**

**Take care of yourself.  
Keep a well stocked  
medicine cabinet.**



**Unwell.  
Unsure.  
Confused.  
Need help.**

**Call NHS Direct on  
0845 4647 or visit  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)**



**Diarrhoea.  
Runny nose.  
Painful cough.  
Headache.**

**Go to your nearest  
pharmacy (chemist).**



**Being sick.  
Ear pain.  
Stomach bugs.  
Backache.**

**Call your GP.**



**Cuts.  
Strains.  
Rashes.  
Sprains.**

**Go to the nearest  
walk-in centre or  
minor injuries unit.**



**Choking.  
Chest pain.  
Severe bleeding.  
Blacking out.**

**Go to A&E or ring 999.**

**If you have a smartphone, you  
can now download a free app for  
Android and iPhones.**

ANDROID



iPhone

