

**SORE  
THROAT?**  
**CHOOSE**  
SELF CARE

**DEEP CUT?**  
**CHOOSE**  
THE MINOR  
INJURIES UNIT

**FEVERISH  
CHILD?**  
**CHOOSE**  
YOUR GP SURGERY

**COUGH  
OR COLD?**  
**CHOOSE**  
A PHARMACIST

**UNWELL,  
UNSURE?**  
**CHOOSE**  
NHS 111

**SEVERE  
CHEST PAIN?**  
**CHOOSE**  
A&E or call 999



**Choose  
well.**

For more information go to  
**NHS Choices**  
[www.nhs.uk](http://www.nhs.uk)

<b>Self-care</b>	<b>Hangover Grazed knee Sore throat Cough</b>	<b>Keep a well-stocked medicine cabinet</b>
------------------	---	---

<b>Pharmacist</b>	<b>Diarrhoea Minor infections Headache Bites and stings</b>	<b>Your local pharmacist can help with lots of everyday ailments and offer good advice</b>
-------------------	---	--

<b>GP Surgery</b>	<b>Feverish children Vomiting Ear Pain Feeling ill</b>	<b>If you need to contact a GP out of hours, call 0845 345 8995 Alternatively call NHS 111 for advice.</b>
-------------------	--	--

<b>NHS 111</b>	<b>Unwell, Unsure, Confused? Need help?</b>	<b>Call NHS 111</b>
----------------	---	---------------------

<b>Minor Injuries Unit (MIU)</b>	<b>NHS Minor Injuries Units open 7 days.</b> <b>Abingdon MIU</b> Abingdon Hospital, Marcham Road, OX14 1AG. 10.00-22.30hrs T 01865 425161 <b>Henley-Townlands MIU</b> Townlands Hospital, York Road, RG9 2EB. 9.00-20.00hrs T 01491 637435 <b>Witney MIU</b> Witney Hospital, Welch Way, OX28 6JJ 10.00-22.30hrs T 01608 648262	
--------------------------------------	---	--

<b>Accident and Emergency (A &amp; E) or 999</b>	<b>Choking Chest pain Suspected stroke Blacking out Blood loss</b>	<b>Visit A&amp;E at Oxford or Banbury or call 999 for an ambulance</b>
--	--	--