

Feeling unwell?

A quick guide to getting the help you need in Hertfordshire

Care at home



Sore throat
Cough
Vomiting or diarrhoea
Other minor illnesses

Stomach ache
Ear ache
Sticky eyes
Headache

Pharmacy



Your GP or practice nurse



Symptoms that won't go away or get worse?

Call NHS 111



Need urgent health advice and don't know where to go?
Open 24/7 and all calls are free.

- No appointment needed
- Cuts, bumps, bruises and sprains
- Broken bones
- Scalds or burns



Minor Injuries Unit

Located in
Bishop's Stortford, Cheshunt & St Albans

Open 24/7 at **Hemel Hempstead Hospital** and the **QEII Hospital, Welwyn Garden City**. No appointment needed. Treats all minor injuries and you can also see a GP for minor illness.

Urgent Care Centre



Choking
Chest pain / heart attack
Blacking out
Severe blood loss
Stroke

Call 999

It is always important to use the right NHS service for your symptoms.

If you use emergency services such as A&E or the ambulance service when you don't really need them, you won't get the best treatment for your illness. You could also delay urgent help for others who are more seriously ill or injured.

Find health advice online at www.nhs.uk/SymptomCheckers



www.enhertsccg.nhs.uk
www.hertsvalleysccg.nhs.uk