

# 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](http://www.nhs.uk/SymptomCheckers)



[www.enhertsccg.nhs.uk](http://www.enhertsccg.nhs.uk)  
[www.hertsvalleysccg.nhs.uk](http://www.hertsvalleysccg.nhs.uk)