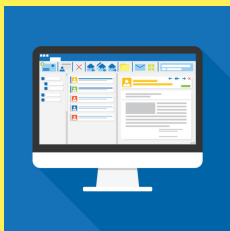


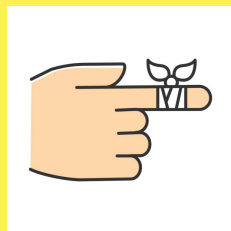
Stay well - Choose the right service for you and the NHS

NHS Choices www.nhs.uk



The internet is full of medical advice (not all of it reliable!) For trustworthy, up to date information about symptoms, healthcare and Social care, log on to the NHS website for the best advice and guidance.
The site will help you decide whether you need to seek more help.

Self Help & Witterings Medical Centre website



Self care is the best choice to treat minor illnesses and injuries. Many conditions can be treated at home with a bit of thought, on-line research and over-the-counter medicines - plus plenty of rest.
The excellent Medical Centre website is full of useful information - witteringsmedicalcentre.co.uk

Local Pharmacy Pharmacy Link, Boots, Witterings Pharmacy



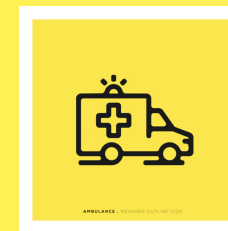
All pharmacists train for 5 years in the use of medicines. They can offer clinical advice and over-the-counter medicines for a range of illnesses -coughs, colds, sore throat, tummy trouble etc. We are lucky to have 3 excellent pharmacies in the Village.
NB - Witterings pharmacy is independent of the Surgery.

Surgery GP, Nurse and Paramedic



Book an appointment at the Medical Centre by phone or on-line if you have a serious, urgent care need, have an illness that doesn't improve with self-treatment, are worried about your health or have an ongoing health condition. Urgent on-the-day call at 8.30am. Nurse and other appointments call after 11am.

999 and A&E



Always call 999 or go immediately to A&E if you or somebody in your home is seriously ill or injured and you think their life is at risk. Examples are chest pain, difficulty in breathing, signs of a stroke, sudden confusion, choking, heavy bleeding, seizures or sudden, rapid swelling of the lips, mouth, throat or tongue.

NHS 111 - Call the trained NHS staff if you think you need medical help and advice right now, aren't sure about going to A&E but are worried and the Medical Centre is closed.

Pop into PIC! - The excellent Patient Information Centre in the Surgery is open 8am-6.30pm and staffed 9.30-11.30am. Full of take - home literature on most medical conditions.

Witterings Medical Centre

witteringsmedicalcentre.co.uk

01243 671833