



Use our quick guide below to access the most appropriate source of help



Minor illnesses, ailments and injuries

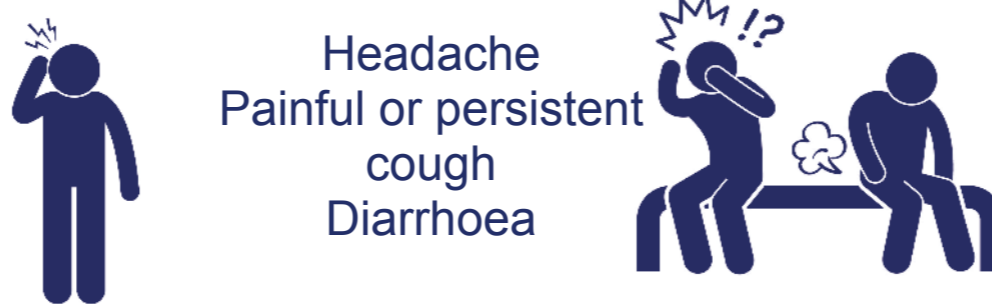


Hangover
Cough
Cold
Sore Throat
Minor cuts and grazes

TREAT AT HOME!

Take painkillers, cold and flu remedies, plasters etc. Make sure you have a well stocked medicine cabinet.

Need further advice?



Headache
Painful or persistent cough
Diarrhoea

PHARMACY MINOR AILMENTS SCHEME

Our local pharmacists are highly trained. They have confidential consultation rooms, can recommend treatment options and can fast track you to the GP if they feel you need to be seen.

More serious ailments



Back pain
Ear pain
Stomach ache
Vomiting
Itches
Cuts

SEE YOUR GP

Millom GPs offer a telephone triage system to assess how urgently you need to be seen. Some treatment options can be arranged over the phone with no need for a GP appointment.

Out of hours? Need help fast?



Can't wait to speak to a GP in the morning but not sure you need to trek to A&E?



RING CHOC or NHS 111

Cumbria Health on Call (CHOC) on 03000 247 247 provide cover when your GP surgery is closed. They can suggest treatment options over the phone, arrange for you to be seen by a doctor at a local hospital or refer you for emergency treatment (first responder, ambulance, A&E etc) if necessary.

Call **NHS 111** when its less urgent than 999 (i.e. not life threatening) for when you think you need to go to A&E or need another NHS urgent care service and they will advise.

Major life threatening illness or injury?



Chest pain?
Blacking out?
Choking?
Moderate to severe blood loss?
Suspected stroke?



GO TO A& E or PHONE 999

A&E departments treat patients with major, life-threatening illnesses and injuries, so **you should only call 999 or visit A&E when your situation is critical**. An ambulance does NOT fast track you through A&E and should not be used as a means of transport. Using a more appropriate service will save you time-and could save lives.