

# A&E and 999 services are for life-threatening and emergency conditions only.

For minor illness and injury use one of the services below.

**Cuts.  
Strains.  
Itches.  
Sprains.**

If you need help quickly or suddenly feel ill, but are not a 999 emergency use a **Minor Injury and Illness Unit or Walk-in Centre**

**Vomiting.  
Ear pain.  
Sore tummy.  
Back ache.**

When you have an illness or injury that won't go away, contact your local GP for an appointment. For help out-of-hours phone your GP and follow the recorded instructions

**Diarrhoea.  
Runny nose.  
Painful cough.  
Headache.**

For advice on common illnesses and the best medicines to treat them, use a **pharmacy**. Text 'pharmacy' to 64746 for three free texts with details of your nearest pharmacy

If you become unwell or are injured, make sure you choose the right NHS service.



South of Tyne and Wear

[www.sotw.nhs.uk](http://www.sotw.nhs.uk)