

# Choose Well.

Central and Eastern Cheshire   
Primary Care Trust

Did you know that every time you attend A&E at your local hospital, it can cost the NHS £124?

There are other local services available if you have a minor illness, ailment or injury and need advice or treatment.



# Feeling unwell?

A range of common illnesses and complaints, such as cough, colds, sore throats and upset stomachs and aches and pains can be treated with a well stocked medicine cabinet and plenty of rest.

## Some self-care essentials

- Paracetamol
- Anti-diarrhoeal medicines
- Re-hydration mixtures
- Indigestion remedies
- A thermometer

## Need advice or treatment?

It is important to remember that A&E and 999 services are for life-threatening and emergency conditions. That is why the NHS has put in place a number of other services that can help you and your family if you have a range of common illnesses and complaints.

Your high street pharmacist can give you expert, confidential advice and treatment, without an appointment - and can refer you on to other services if you need them. Text 'pharmacy' to 64746 to receive three FREE texts with the details of your nearest pharmacies.

Contact your local health centre, call NHS Direct on 0845 46 47 or go to NHS Choices [www.nhs.uk](http://www.nhs.uk) to find a local GP.

## Your GP tel no:

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## Make sure you Choose Well.

Get the right treatment for you and help the NHS to manage its resources.