

**SORE
THROAT?**

**CHOOSE
SELF CARE**

DEEP CUT?

**CHOOSE
THE MINOR
INJURIES UNIT**

**FEVERISH
CHILD?**

**CHOOSE
YOUR GP SURGERY**

NO GP?

**CHOOSE
THE WALK
IN CENTRE**

**COUGH
OR COLD?**

**CHOOSE
A PHARMACIST**

**HEALTH
ADVICE
RIGHT
NOW?**

**CHOOSE
NHS DIRECT**

**SEVERE
CHEST PAIN?**

**CHOOSE
999 or Casualty (A&E)**



**Choose
well.**

For more information go to
www.choosewelltoday.com
or call **NHS Direct** on **0845 46 47**

Self-care

Hangover
Grazed knee
Sore throat Cough

Keep a well-stocked
medicine cabinet

NHS Direct

Unwell Unsure?
Confused?
Need help?

Tel: 0845 4647
www.nhsdirect.nhs.uk

Pharmacist

Diarrhoea
Minor infections
Headache
Bites and stings

Your local pharmacist
can help with lots of
everday ailments and
offer good advice

GP Surgery

Feverish children
Vomiting Ear Pain
Feeling ill

If you need to contact
a GP out of hours,
call 0118 936 5390

**Walk-in
Health Centre**

Feel ill
No GP

Upton Hospital
Albert St, Slough
Tel: 01753 635505
8am-8pm everyday

**Minor Injuries
Unit (MIU)**

Please call first

Deep cuts
Sprains
Burns or Scalds
Eye Injuries

St. Mark's Hospital
Urgent Care Centre
Maidenhead
Tel: 03000 242000

Heatherwood Hospital
London Rd, Ascot
Tel: 01344 877805

**Accident and
Emergency
(A & E) or 999**

Choking
Chest pain
Suspected stroke
Blacking out
Blood loss

Call 999 for an
Ambulance or go to
A&E at Wexham Park
Hospital, Slough
SL2 4HL