

A & E
means

Accidents & **E**mergencies
not
Ananything & **E**verything

Not all Accidents are Emergencies
Please choose well and get the right NHS treatment

Symptoms	Symptoms
Sore throat, Cold, Blocked Nose	Self Care Top up your medicine or first aid kit
Diarrhoea, minor infections, headache, travel advice	Pharmacy Many are open late Check www.nhs.uk for opening times
Feeling ill, feverish children, vomiting, ear pain	GP Surgery
Feeling unwell and unsure where to go? Symptoms such as cuts, sprains, rashes, suspected breaks, blood loss, deep cuts.	Call 111 (24 hours) They will direct you to the right place for your symptoms. For example: <ul style="list-style-type: none"> • GP out of hours services • Urgent care centres (24 hrs) (e.g. Milton Keynes, Luton etc) • Other NHS services

Life Threatening Emergencies

A & E or 999

The following are possible signs of serious illness and should be checked urgently

1. If you get a severe headache and vomit.
2. If your skin is very cold or has a strange colour, or you develop an unusual rash.
3. If you feel confused or have slurred speech or are very drowsy
4. If you have difficulty breathing such as:
 - > Breathing very quickly
 - > turning blue around the lips and the skin below the mouth
 - > the skin beneath or above the ribs are getting sucked or pulled in with every breath
5. If you get severe sudden chest pain, especially if the pain goes down the left arm
6. If you have difficulty swallowing or are dribbling
7. If you cough up blood
8. If you are unexpectedly feeling a lot worse suddenly

Less serious signs which can usually wait until you get a GP appointment

1. If you continue to be unwell for longer than seems normal e.g. 10-14 days with a cold
2. In children with ear infections if the pain stops and fluid is coming out of the ear or if they have new deafness

Why you should only take antibiotics when you really need them

1. Germs (Bacteria) can find ways to survive so that they become "antibiotic resistant" and stop working
2. The more we use antibiotics, the greater the chance they will become resistant
3. Anti-biotic-resistant bacteria don't just affect you. They can spread to other people if they are in close contact with you

Antibiotics can cause side effects such as rashes, thrush, stomach pains, diarrhoea, reactions to sunlight, vomiting if alcohol is drunk and other symptoms.

Never share antibiotics, and always return any unused antibiotics to your pharmacy for safe disposal