Can I treat myself? Treat yourself / NHS Direct - call 0845 46 47

**Need more advice? Treatment for minor ailments?** Visit your local pharmacy

Need to see a doctor? Visit your GP

When my GP is closed? Out of hours service - call 08456 01 09 09

Need urgent care without an appointment? **Health Centres, Minor Injuries and Walk-In Centres** 

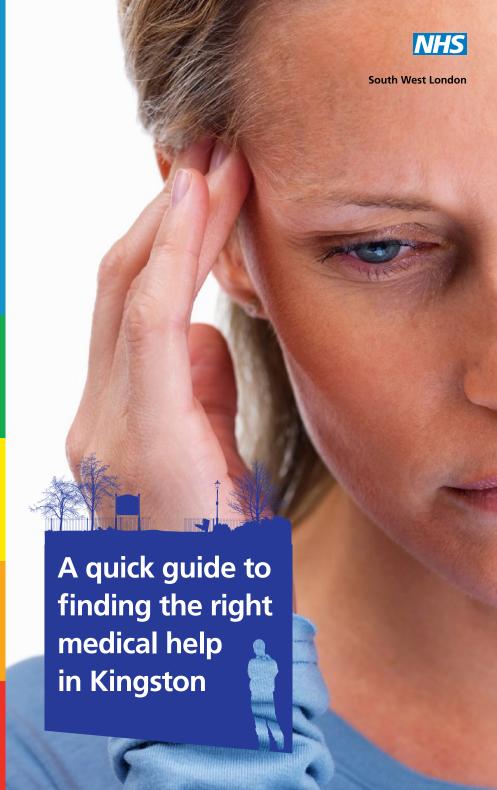
Life threatening or very serious illness? Accident & Emergency (A&E) or call 999

Serious

Minor

Calling 999 is free and available 24 hours a day. You should always call 999 for an ambulance in a life-threatening emergency – if someone is seriously ill or injured, and their life is at risk.

You can find a full list of all your local pharmacies, GP practices and other NHS medical services at www.nhs.uk or by calling NHS direct on 0845 46 47



# Where should I go?

Find the best treatment for you in Kingston

Before you get help, you should stop to think if there is any treatment you can give yourself.

### **Treat yourself**

For minor cuts and ailments, it is often quickest and easiest to treat yourself at home. Keep a simple first aid box and some medicines like paracetamol and ibuprofen to help you do this.

- Simple cuts
- Diarrhoea and vomiting
- Flu, coughs and colds
- Headaches
- Eye and ear infections
- ✓ Quick
- ✓ No waits



### **Pharmacy**

Pharmacists can give advice on a variety of illnesses. They can assess your needs and suggest medicines. There are 295 pharmacies in South West London, so there is bound to be one close to you and you don't need to book an appointment.

If the pharmacist can't help they will be able to tell you which NHS health service you need.

- Diarrhoea and vomiting
- Coughs, colds and fevers
- Hayfever and other allergies
- Medicine checks
- Some emergency contraception
- Chlamydia screening
- Giving up smoking
- ✓ No waits
- ✓ Experienced Pharmacists
- Expert advice on the best medicine
- ✓ Open late and often on Saturdays

#### **GP Practice**

Get medical advice and consultations

- Health advice and examinations
- Diagnosis
- Prescriptions
- Ear infection
- Flu
- Sore stomach
- ✓ Appointments the same day or within 48 hours
- ✓ Early morning, evening and some weekend appointments
- ✓ Telephone consultations

### **Out of Hours GP**

When your GP is closed
If you have an urgent
medical problem that
cannot wait until your
surgery is open, call your
local GP out of hours service
on 08456 010909 anytime
from 6.30pm to 8am, and
weekends/bank holidays to:

- ✓ Get expert medical advice
- ✓ Get advice on where you could be seen quickly
- ✓ Get a home visit from a GP if you need one.

### Minor Injuries and Walk in centre

If you need treatment urgently for an illness or injury that isn't life threatening – just walk in for convenient access to a range of treatments for:

- Infection and rashes
- Some fractures
- Emergency contraception and advice
- Stomach upsets
- Cuts and bruises
- Burns and strains

available

- ✓ No appointment needed
- ✓ Shorter waiting times✓ Some X-ray facilities

### **GP led Health Centres** in Kingston

If you ever need an urgent appointment with a GP, GP led Health Centres are open during holidays and can:

- See patients without an appointment and offer pre-booked appointment
- See registered and non-registered patients

## Accident & Emergency (A&E) or call 999

If you are seriously ill and need emergency care fast, you should go to A&E or call an ambulance.

- Heavy bleeding
- Serious broken bones
- Choking
- Chest pain
- Difficulty breathing
- Blacking out
- Fitting or seizures

Nearest Minor Injuries Unit

### **Queen Mary's Hospital**

Roehampton, SW15 5PN 020 8487 6999 Open 8am-7.30pm 7 days a week, 365 days a year

Nearest Walk-In Centre

#### Teddington NHS Walk-In Centre

Hampton Rd Teddington, TW11 0JL 020 8714 4004 Open Mon-Fri, 8am–10pm Sat/Sun/bank hol, 8am–9pm

Nearest GP led Health Centre **Gosbury Hill GP Clinic** 

Orchard Gardens Hook, KT9 1AG 020 8974 1884 Open 8am–8pm, 7 o

Open 8am-8pm, 7 days a week