

Feeling unwell? It doesn't have to be A&E.

There's a range of free NHS services on your doorstep.



Hangover. Grazed knee. Sore throat. Cough.



Take care of yourself. For tips visit www.direct.gov.uk/keepwarmkeepwell



Unwell? Unsure? Confused? Need help?



NHS Direct. on 0845 46 47 or visit www.nhs.uk



Diarrhoea. Runny nose. Painful cough.



Go to the Chemist (Pharmacy), for opening times visit www.rotherham.nhs.uk



Toothache. Gum problems.



Call your Dentist or a Dental Access Centre 01709 423 030



Ear pain. Stomach bug. Backache.



Call your Doctor (GP).



Cuts. Sprains.



Rotherham Walk-in Centre 01709 423 030



Serious or life-threatening conditions.



Accident and Emergency (A&E) dial 999.

