

Emergency Department

Emergency Departments provide the highest level of emergency care for patients, especially those with sudden and acute illness or severe trauma. Use the service appropriate to your need.

More Information

Emergency Departments open every day.

Emergency Department

Craigavon Area Hospital

68 Lurgan Road,
Portadown, BT63 5QQ.
Telephone: 028 3833 4444.
Open 7 days a week, 24 hours.

Daisy Hill Hospital

5 Hospital Road,
Newry, BT35 8DR.
Telephone: 028 3083 5000.
Open 7 days a week, 24 hours.

999

**You should always call 999
if someone is seriously ill or
injured and their life is at risk.**

Choose well and be prepared

The information in this leaflet will help you find the right expert care to meet your needs. Picking the service most appropriate to your symptoms means you get the right treatment in the right place.

www.nidirect.gov.uk/choosewell

For the very young, the over 65s and all people with long term health issues, the cold weather can contribute to serious health problems. The good news is that by following a few tips, you can give yourself the best possible chance of staying well.

Get your free flu jab

Remember, if you're over 65, pregnant or with a long term health problem, you can get a free seasonal flu vaccination from your GP. In addition this year the vaccine will be offered to children aged two and three years and to those in school year primary six. For more information about the flu vaccine visit www.fluawareni.info.

Recover properly

If you do catch a cold or flu, make sure you:

- Stay at home, drink plenty of fluids and rest

- Eat if you feel able to
- Let a friend or neighbour know you are ill.

Stop things spreading

To prevent the spread of germs to others:

- Catch coughs and sneezes in a tissue
- Regularly wash your hands with soap and warm water.

Stay warm

- Keep room temperature warm and comfortable
- Have regular hot drinks and hot meals that include fruit and vegetables.

Health and Social Care is committed to making information as accessible as possible and to promoting meaningful engagement. Requests for this leaflet in another format or language will be considered.

This leaflet is available in other Health Trust areas across Northern Ireland.

The information in this leaflet is provided as an information resource only and is not to be used or relied on for any diagnostic or treatment purposes. All information is correct at time of printing. If you are concerned about your medical condition, you should seek medical advice from your GP or the relevant clinical team.

Design reproduced with kind permission from Bristol, North Somerset and South Gloucestershire Clinical Commissioning Groups (2013).

This leaflet covers the Southern
Health and Social Care Trust area

HSC Health and
Social Care

Choose Well

Did you know there are a range of healthcare services available to help you find the right care?



www.nidirect.gov.uk/choosewell



Make sure you Choose Well

Get the right treatment for you and help manage your health service resources

Choose well

for expert help and advice

Self-care

Self-care is the best choice to treat minor illnesses, ailments and injuries. A range of common illnesses and complaints, such as aches and pains, coughs, colds, upset stomachs and sore throats can be treated with over-the-counter medicines and plenty of rest. Remember, whether treated or not, most of these will get better.

Some self-care essentials

The following are available to buy over-the-counter:

- Paracetamol, aspirin, ibuprofen
- Rehydration mixtures
- Indigestion remedies
- Plasters
- Thermometer

Always follow the instructions on the pack.

Your local Pharmacy

Your local pharmacist can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without you having to wait for a GP appointment or go to your Emergency Department. Check with your local pharmacy for more details.

Remember: collect repeat prescriptions from your daytime GP surgery before the weekend or a public holiday. GP out of hours will only provide repeat prescriptions in exceptional circumstances.

More Information

Details of pharmacy rotas in your local area are published online at www.nidirect.gov.uk/choosewell

Your GP

GPs provide a range of services including medical advice, examinations, prescriptions and ongoing care for more longstanding or chronic conditions.

Out of hours

GP out of hours is available if you require **urgent** medical care when your GP surgery is closed. GP out of hours services operate from 6pm each weekday evening until your GP surgery opens the next morning and 24 hours on Saturdays, Sundays and public holidays. **Remember to telephone the service first.** The doctor or nurse will give you advice over the telephone, decide if you need to be seen by a doctor or will refer you to another service if required. Your GP surgery will have the contact details for your area.

More Information

Urgent GP out of hours care can be found by contacting your local GP surgery and also online at www.nidirect.gov.uk/choosewell

GP out of hours

Phone First

Telephone: 028 3839 9201.

If you require urgent medical assistance outside normal GP hours contact the GP out of hours service. This is usually after 6pm Monday to Friday and all day Saturday, Sunday and **Bank Holidays**.

Minor Injuries Unit

A Minor Injuries Unit can treat injuries that are not critical or life threatening, such as:

- Injuries to upper and lower limbs
- Broken bones, sprains, bruises and wounds
- Bites – human, animal and insect
- Burns and scalds
- Abscesses and wound infections
- Minor head injuries
- Broken noses and nosebleeds
- Foreign bodies in the eyes and nose.

More Information

Minor Injuries Units are listed in the box below.

Minor Injuries Unit

Armagh Community Hospital

Tower Hill, Armagh, BT61 9DR.

Telephone: 028 3741 4484 / 3741 4373

Open Monday-Friday 9am-5pm, **including Bank Holidays**.

This service is for anyone over **five** years of age who has a minor injury.

South Tyrone Hospital

Carland Road, Dungannon, BT71 4AU.

Telephone: 028 8771 3599.

Open every day from 9am to 9pm, Monday to Friday, **including Bank Holidays** and 10am to 6pm Saturday and Sunday.

This service is for anyone over **one** year of age who has a minor injury.