

IN AN EMERGENCY

CALL 999

Ask for an ambulance. Stay on the line, they will tell you exactly what to do.

DO YOU KNOW WHERE YOUR NEAREST DEFIBRILLATOR IS?

LLANDDOWROR | Public defibrillators and urgent care near you

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DEFIBRILLATORS

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PUBLIC, 24/7

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LIMITED OR RESTRICTED

WHERE THE DEFIBRILLATORS ARE

NEAREST FIRST, MEASURED FROM THE CENTRE OF LLANDDOWROR

- 1 Bwlchnewydd Chapel**, Brynonnen,
Bwlchnewydd Chapel To Cross Gates,
Laugharne, SA33 4QX **24/7**
- 2 Defibrillator**, Public Conveniences, Llanddowror
Village, Carmarthen, SA33 4HJ **24/7**
- 3 Llanmiloe And District Community Association**,
The Resource Centre, Carmarthen, SA33 4TY
24/7

A DEFIBRILLATOR TALKS YOU THROUGH IT

- 1**  **Call 999**
Ask for an ambulance. Stay on the line.
- 2**  **Start CPR**
Push hard and fast in the centre of the chest.
- 3**  **Send for the defib**
999 gives you the location and any access code.
- 4**  **Follow the voice**
The defibrillator talks you through every step.

NEAREST EMERGENCY DEPARTMENT

Withybush General Hospital

Fishguard Road, Haverfordwest, SA61 2PZ

01437 764545

NOT AN EMERGENCY?

111

Free, 24 hours a day. NHS 111 will tell you where to go and can book you in.



Full defibrillator map, local NHS services and free online first aid training

brity.co.uk/communities/llanddowror



Provided free for the people of Llanddowror. Defibrillator information comes from the national public register and may change, always call 999 first.