

# Caring for you in Northumberland



## At home

You can treat many minor issues at home.

- Sore throat
- Coughs and colds
- Grazed knee
- Hangover

**Remember to stock your medicine cabinet**



## Your local pharmacy

Your local pharmacy can give advice and treatment for:

- Headaches
- Stomach upsets
- Bites and stings
- Rashes

It's your first stop for treatment for **7 common conditions.**

This includes UTIs in women, earache in children and sinusitis.

**Search 'Find a pharmacy'**

## NHS 111

Feeling unwell and not sure who to call?

NHS 111 will direct you to the right service for your needs.

They can even book appointments at our UTCs.

Select option 2 for mental health support.

**111.nhs.uk**



## Your GP practice

Contact your GP practice if you have symptoms that **don't go away.**

They can also help you manage your long-term condition.

They have a team of professionals with different skills.

## Our urgent treatment centres (UTCs)

Our UTCs are for certain urgent care needs.

Conditions like:

- Minor head injuries
- Sprains and minor fractures
- Minor skin infections and wounds
- Minor allergic reactions

If you're not sure, check with NHS 111. They can book appointments at our UTCs.

We have urgent treatment centres at these hospitals:

- Alnwick Community Hospital
- Berwick Infirmary
- Hexham General Hospital
- Wansbeck General Hospital

More details and opening times - [northumbria.nhs.uk/urgent-care](http://northumbria.nhs.uk/urgent-care)

## Our emergency department (or 999)

Our emergency department (A&E) is at the Northumbria Specialist Emergency Care Hospital in Cramlington.

**This is for serious and life-threatening emergencies.**

Things like:

- Severe chest pain
- Signs of a stroke – face or arm weakness, slurred speech
- Loss of consciousness
- Trouble breathing
- Severe blood loss

We see patients based on need, not arrival time.

We may send you somewhere else that is the right place for your care needs.

We advise checking with NHS 111 before coming if possible.

**If it's not an emergency, please consider waiting for the service you need to open rather than going to the emergency department.**