



Your nearest Emergency Department:

- **Addenbrooke's Hospital**
Hills Road, Cambridge, CB2 0QQ
Tel: 01223 245151 www.cuh.org.uk
- **Hinchingbrooke Hospital**
Hinchingbrooke Park, Huntingdon, PE29 6NT
Tel: 01480 416416 www.hinchingbrooke.nhs.uk
- **Peterborough City Hospital**
Edith Cavell Campus, Bretton Gate, Bretton,
Peterborough, PE3 9GZ
Tel: 01733 678000 www.peterboroughhandstamford.nhs.uk
- **Queen Elizabeth**
Gayton Road, King's Lynn, PE30 4ET
Tel: 01553 613 613 www.qehkl.nhs.uk

**The Emergency Department
and 999 services are for life
threatening and emergency
conditions only.**

Make sure you Choose Well.

Get the right treatment for you and help the NHS
to manage its resources.

Your nearest Minor Illness and Injuries Units and Walk-in Centre:

Minor Illness and Injury Unit (MIIU):

- includes x-rays, wound stitching and application of casts.

- **Peterborough MIIU**
City Care Centre, Thorpe Road, Peterborough, PE3 6DB.
Tel: 01733 293 800.
Opening hours: Monday-Sunday, 8am-8pm.

Minor Injuries Units:

- see list overleaf of what they can treat.

- **North Cambridgeshire Hospital**
The Park, Wisbech, PE13 3AB. Tel: 01945 488 068
Opening hours: Monday-Friday, 8.30am-6pm;
Closed Saturday, Sunday and Bank Holidays.
MIU X-ray: Monday-Friday, 9am to 4.45pm
- **Princess of Wales Hospital**
Lynn Road, Ely, CB6 1DN. Tel: 01353 656 675
Opening hours: Monday-Friday, 8.30am-6pm;
Saturday, Sunday and Bank Holidays, 8.30am-6pm;
Closed Christmas Day and New Year's Day.
MIU X-ray: Monday-Friday, 9am-4.45pm.
- **Doddington Community Hospital**
Benwick Road, Doddington, PE15 0UG.
Tel: 01354 644 243
Opening hours: Monday-Friday, 8.30am-6pm;
Saturday, Sunday and Bank Holidays, 9am-5pm;
Closed Christmas Day and New Year's Day.
MIU X-ray: Monday-Friday, 9am-5.45pm;
Saturday, Sunday and Bank Holidays: 1pm-4.45pm;
Closed Christmas Day and New Year's Day.

Walk-in Centre:

- **St Neots Health Centre**
24 Moores Walk, St Neots, PE19 1AG. Tel: 01480 219 317
Opening hours: Monday-Friday, 8am-9am and 6pm-8pm;
Saturday-Sunday, 9am-4pm;
Closed Christmas Day and Easter Sunday.



09/14

Feeling unwell?

There are a range of NHS
services on your doorstep



www.choosewellcambs.nhs.uk



Self-care



There are lots of minor conditions you can treat at home with your medicine cupboard and plenty of rest.

You can treat these things at home:

Cold. Cough. Headache. Sore throat.
Cuts and grazes. Bumps and bruises. Hangover.
Indigestion. Diarrhoea.

Your medicine cupboard can include:

Painkillers. Anti-diarrhoeal/rehydration medicines.
Plasters. Bite and sting relief spray or cream.
Antiseptic cream. Indigestion remedies.
A thermometer. Cough medicine.
Antihistamine medicine.

Your GP



If you have an illness or injury that won't go away make an appointment with your GP or telephone for advice. They provide a range of services by appointment and when absolutely essential can make home visits.

Some things GPs can help with are:

Flu jabs. Persistent ear pain. Persistent backache.
Persistent vomiting or diarrhoea. Allergic reactions.
Long-term conditions. Counselling. Emotional problems.

To find your nearest GP service, visit www.nhs.uk

If you need to see a GP urgently in the evenings or weekends please call NHS 111.

NHS 111



You should use the NHS 111 service if you need medical help or advice urgently but it's not a life-threatening situation.

Calling 111 will connect you to a team of fully trained call advisers, who are supported by experienced nurses and paramedics. They will ask you questions to assess the symptoms, and give you the healthcare advice you need or direct you to the most appropriate and available local service.

You should use 111 if:

It's not a 999 emergency. You think you need to go to A&E or another NHS urgent care service but you're not sure. You don't think you can wait for an appointment with your GP. You don't know who to call for medical help.

When an ambulance is required, they will dispatch one immediately – just as if you had originally dialled 999.

Your local pharmacy



Your local high street pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment.

Some of the things pharmacies can help with include:

Aches. Pains. Stopping smoking.
Emergency contraception. Medicines advice.
Hay fever. Coughs. Colds. Diarrhoea. Allergies.
Skin conditions. Flu jabs.

Minor Illness and Injury Unit or Walk-in Centre



These offer convenient access to treatment for a range of minor illnesses and injuries.

Conditions that can be treated at the Minor Illness and Injury Units and Walk-in Centre include:

Wounds – cuts and bruises (Tetanus immunisation can also be given). Bites – human, insect and animal. Minor burns and scalds. Muscle and joint injuries – strains, sprains, limb fractures. Sports injuries. Emergency contraception. Eye problems for example removal of foreign bodies, conjunctivitis. Earache (patients aged two years and over). Cystitis (not children or male patients). Minor head injuries (with no loss of consciousness). (X-rays are available on weekdays see overleaf for details).

Emergency Department or 999 (A&E)

You should only go to the Emergency Department or call 999 when it's a critical or life-threatening emergency. Dialling 999 and stating an emergency situation will result in a response vehicle being sent to your location.



Emergency situations include:

Stroke. Overdose. Choking. Blacking out. Open wound blood loss. Loss of consciousness. Acute confused state and fits that are not stopping. Anaphylaxis or severe allergic reactions. Breathing difficulties. Persistent severe chest pain.

You should expect to be discharged from hospital as soon as you are medically fit because staying in hospital beyond this point reduces bed availability for patients who are ill and in need of a bed.