

**Life threatening choking.  
Chestpain.  
Blacking out.  
Severe blood loss.  
Severe breathing difficulty.**

For life-threatening conditions, choose 999 - Emergency Dept (A&E).

Call 999 for an ambulance -  
Emergency Department  
John Radcliffe Hospital  
OX3 9DU  
Emergency Department  
Horton General Hospital  
OX16 9AL  
24hrs/365 days

**Deep cuts.  
Eye injury.  
Broken bones.  
Severe sprains.  
Minor head injury.  
Minor burns and scalds.**

For minor injuries, choose NHS MIU (Minor Injuries Unit).

NHS Minor Injuries Units open 7 days

**Abingdon MIU**, Abingdon Hospital, Marcham Road OX14 1AG  
10.00 to 22.30hrs ☎ 01235 208730  
**Henley-Townlands MIU**, Townlands Hospital, York Road RG9 2EB  
9.00 to 20.00hrs ☎ 01491 637435  
**Witney MIU**, Witney Hospital, Welch Way OX28 6JJ 10.00 to 22.30hrs  
☎ 01993 209456

**Feverish children.  
Vomiting.  
Ear pain.  
Feeling ill.  
Rashes.**

For hot children, infections and persistent symptoms, choose your GP.

If your surgery is closed, you can call the Out of Hours Service on **0845 345 8995** and get advice or a doctor may arrange to see you.

**Diarrhoea.  
Minor infections.  
Headache.  
Travel advice.  
Bites and stings.**

For tummy upsets, insect bites, coughs and colds, choose a pharmacist.

Your local pharmacist can help with everyday ailments and many have a private consultation room.

**Unwell.  
Unsure?  
Confused?  
Need help?**

For absolutely any questions about your health, choose NHS Direct.

Tel: 0845 4647\*  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)  
Freeview channel 100

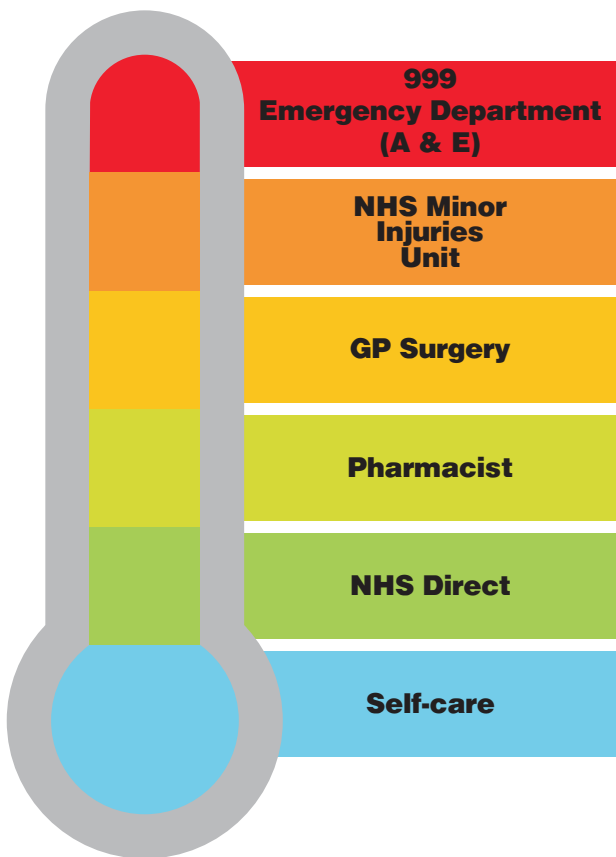
**Hangover.  
Grazed knee.  
Sore throat.  
Cough.  
Minor cuts.  
Minor sprains.**

For minor ailments, grazes, bruises and similar problems, choose self-care.

Don't forget to keep your first-aid kit well stocked - ask your pharmacist for advice or pick up our handy check list.

# If you become unwell or are injured

a range of NHS services exist to help you get well. Choosing the right one will ensure you receive the best possible treatment.



**Choose well.**

[www.nhs.uk](http://www.nhs.uk)

**NHS**

**Oxfordshire**