

Not feeling well! - Where Can I Go ?

NHS 111— NHS 111 has been introduced to make it easier for you to access local NHS healthcare services in England. You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time.

Self Care - Self-care means keeping fit and healthy, as well as knowing how to take medicines, treat minor ailments and seek help when you need it. If you have a long-term condition, self-care is about understanding that condition and how to live with it. A well stocked medicine cabinet is advised, items should contain:

Painkillers such as paracetamol or ibuprofen

Antihistamines for allergies or insect bites

Anti-diarrhoea tablets to control the symptoms of diarrhoea.

Oral rehydration salts to replace essential fluid and salts lost through vomiting / diarrhoea.

Indigestion treatments to relieve heartburn/trapped wind

Sunscreen with UVA protection to guard against sunburn and skin damage - at least factor15 is recommended.

Bandages, plasters, thermometer, antiseptic, tweezers, sterile dressings and eyewash solution.

For advice on medicines ask your local pharmacist, any out of date medicines can be taken to your pharmacist to be disposed of.



Pharmacy - Local pharmacists can recognise many common health complaints, they can help with many minor ailments such as coughs colds, asthma, eczema and hay fever for example and advise on the best medicine to relieve the condition and freeing up GP time. However pharmacists can recognise if a problem is more serious and will advise seeing a GP.



GP - Your GP can assess, treat and manage a range of health problems, give vaccinations and provide health education. If required they will arrange a referral to a hospital specialist.

Urgent Care Centre— An Urgent Care Centre provides treatment for any illnesses or injuries which aren't life threatening, but still need treating quickly.

Burnley Urgent Care Centre, Burnley General Hospital, Casterton Avenue, Burnley, BB10 2PQ

Blackburn Urgent Care Centre, Royal Blackburn Hospital, Haslingden Road, Blackburn, BB2 3HH

Minor Injuries Unit - A Minor Injuries Unit provides treatment for patients with common injuries, such as scalds, burns, cuts, stings, bites, and suspected broken bones, which although not life-threatening do still need urgent medical treatment. visit one of these if you have a injury and it cannot wait until your GP surgery is open.

Accrington Minor Injuries Unit, Accrington Victoria Community Hospital, Haywood Road, Accrington, BB5 6AS

Open 7 days a week from 8am until 8.30pm

Rossendale Minor Injuries Unit, Rossendale Primary Health Care Centre, Bacup Road, Rawtenstall, BB4 7PL

Open 7 days a week from 8am until 8pm



Accident and Emergency— The Emergency Department is used to treat people with serious injuries and those in need of emergency, and potentially life-saving, treatment. The department is sometimes referred to as 'casualty' or A&E. If it is a life-threatening emergency, call 999 for an ambulance response.

Blackburn Emergency Department, Royal Blackburn Hospital, Haslingden Road, Blackburn, BB2 3HH