



Care at home

- Self-care is the best choice to treat common illnesses and complaints such as coughs, colds, sore throats, upset stomachs and aches and pains, all of which can often be treated with a well-stocked medicine cabinet and plenty of rest.



Pharmacist

- Pharmacists can provide advice on minor ailments and medicines, such as,
 - Diarrhoea
 - Runny nose
 - Bites / stings
 - Headache
- Pharmacists also provide the minor ailments scheme - ask your local pharmacist for details



NHS 111

- If you are worried about an urgent medical concern, you can call NHS 111 and speak to one of their fully trained advisors who will help you get the right medical attention, 24 hours a day, 7 days a week. If required they can put you through to talk to a nurse, emergency dentist or GP and can arrange face to face appointments, if appropriate, during the out of hours period.





GP Practice

- Use patient access online, online consultations or make an appointment if an injury or illness won't go away
- GPs provide medical advice examinations and if required, prescriptions



Urgent care Centre

- Less severe injuries and conditions can be treated at the Urgent Care Centre. The Urgent Care Centre is a self-referral service and patients will be seen as walk in patients.
- The Urgent Care Centre is located at Rochdale Infirmary, Whitehall St, Rochdale OL12 0NB
- Alternatively, go to 111.nhs.uk or call 111, which will direct patients to the best local service for your needs.



Accident & Emergency

- Only for very serious and life threatening conditions.
- If you are unsure call 111.

