

What are you checking out?

A&E is for accidents and emergencies not getting things checked out

Next time use the NHS App, self care, your pharmacist or GP.

If you don't know where to go ask NHS 111.

COLD
HANGOVER
MINOR CUT
GRAZE
SORE THROAT
DIARRHOEA
EAR PAIN
BACKACHE



Credit: Pixabay jamesbhl



To everyone who came to A&E with a cold last year...

We know they're great but even our A&E team can't cure a cold (we promise)

Next time you feel unwell try the NHS App, pharmacist, GP or NHS 111.

Pretty please.





To all of the dancing kings and queens

We know that you look good on the dance floor but coming to A&E with a hangover isn't what it's for.

Hangovers aren't great but A&E isn't the place to be.

Next time try self-care, your pharmacist, GP or NHS 111.

Accident and Emergency is for life threatening illness and injuries not for the morning after.





Dinner for two or a night in a queue?

Don't wait until the evening or after work to seek medical advice or help. Your pharmacist, GP or NHS 111 are there to help.

Accident and Emergency is for life threatening illness and injuries.

We're not the place to come if you're struggling to get an appointment with a GP or can't get an appointment during working hours.

Credit Pixabay Daria-Yakovleva



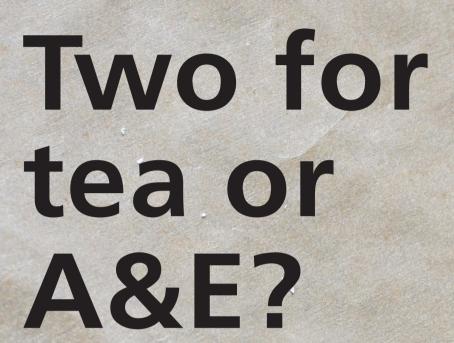
Who do you leave behind if you leave leave it too late?

Next time you feel unwell please ask for help sooner.

Asking for advice from your pharmacist or GP could get you the help you need and avoid a trip to the hospital.

Accident and emergency is for life threatening or serious illnesses. If you don't need urgent care try the NHS App, your pharmacist, your GP or NHS 111 first.







Don't wait until the evening or after work to seek medical advice.

Your health is more important than work, so ask for help when you need it not when the working day ends.

Next time you feel unwell seek help sooner and use the NHS App, your pharmacist, GP or NHS 111.