

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**.



A stylized illustration of a dark grey cash register. A white receipt with a serrated top edge is emerging from the top. The receipt lists several ailments: COLD, HANGOVER, MINOR CUT, GRAZE, SORE THROAT, DIARRHOEA, EAR PAIN, and BACKACHE. To the right of the register, a small rectangular sign with a purple background and white text reads 'NOT A&E'. The register has a keypad with grey buttons on the front.

COLD
HANGOVER
MINOR CUT
GRAZE
SORE THROAT
DIARRHOEA
EAR PAIN
BACKACHE

NOT A&E

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.

Credit: Pixabay Myriams-fotos



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.

Credit Pixabay Nietjuh



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.



Who do you leave behind if you 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.



Credit Pixabay LUM3N

Two for tea or A&E?

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.