

**SORE  
THROAT?**

**CHOOSE  
SELF CARE**

**DEEP CUT?**

**CHOOSE  
THE MINOR  
INJURIES UNIT**

**FEVERISH  
CHILD?**

**CHOOSE  
YOUR GP SURGERY**

**NO GP?**

**CHOOSE  
THE WALK  
IN CENTRE**

**COUGH  
OR COLD?**

**CHOOSE  
A PHARMACIST**

**HEALTH  
ADVICE  
RIGHT  
NOW?**

**CHOOSE  
NHS DIRECT**

**SEVERE  
CHEST PAIN?**

**CHOOSE  
999 or Casualty (A&E)**



**Choose  
well.**

For more information go to  
[www.choosewelltoday.com](http://www.choosewelltoday.com)  
or call **NHS Direct** on **0845 46 47**

**Self-care**

Hangover  
Grazed knee  
Sore throat  
Cough

Keep a well-stocked  
medicine cabinet

**NHS Direct**

Unwell  
Unsure?  
Confused?  
Need help?

Tel: 0845 4647  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**Pharmacist**

Diarrhoea  
Minor  
infections  
Headache  
Bites and stings

Your local pharmacist  
can help with lots of  
everyday ailments and  
offer good advice

**GP Surgery**

Feverish children  
Vomiting  
Ear Pain  
Feeling ill

If you need to contact  
a GP out of hours,  
call Westcall on  
0118 978 7811

**Walk-in  
Health Centre**

Feel ill  
No GP

**Reading Walk-in  
Health Centre**  
Broad Street Mall  
8am-8pm everyday

**Minor Injuries  
Unit (MIU)**

Deep cuts  
Sprains  
Burns or Scalds  
Eye Injuries

**Go to the MIU**  
West Berkshire  
Community Hospital,  
Thatcham. 8am-10pm  
every day/10am-6pm  
Christmas Day

**Accident and  
Emergency  
(A & E) or 999**

Choking  
Chest pain  
Suspected stroke  
Blacking out  
Blood loss

Call 999 for an  
Ambulance or go to  
A&E at the Royal  
Berkshire Hospital