

# Find the best service for your illness or injury



## Self care

Treat minor ailments such as diarrhoea and vomiting at home:

Keep stocked up: be prepared with essential medicines and supplies.

### Useful items:

Aspirin; Paracetamol; Antidiarrheal medicine; Cough medicine; Plasters; Thermometer; Antiseptic cream



## Pharmacy

Your local pharmacy can help treat minor ailments including:

Acute ear infection; Impetigo; Infected insect bite; Shingles; Sinusitis; Sore throat; and Uncomplicated Urinary Tract Infections (UTIs)



## NHS 111

Non-emergency help:

- Feeling unwell?
- Unsure?
- Anxious?
- Need help?

Use 111 if you're unsure which service you need or require advice and guidance

Call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk)



## GP advice

Skilled team of medical professionals

- Lasting symptoms
- Chronic pain
- Long-term conditions
- Prescriptions



Doncaster Same Day Health Centre:

If you are unable to get an urgent appointment with your practice.



Call 0300 123 3103

Evening and weekend appointments available



## Urgent care

Urgent treatment

- Simple fractures
- Sprains and breaks
- Cuts and burns
- Fever and rashes

Mexborough Minor Injuries Unit:



Montagu Hospital, Adwick Road, Mexborough, S64 0AZ



## Mental health

### Donny Dot:

Connecting people of Doncaster to mental health and wellbeing information, advice, and support



In a mental health crisis, please phone the local service on **0800 804 8999** or call 111



## Minor Eye Conditions Service (MECS)

Self-referral: 0800 112 0070 or call 111

- Red eye or eyelids
- Dry, gritty or uncomfortable eyes
- Eye irritation and inflammation
- A lot of recent discharge from the eye or watery eye
- Recently occurring flashes or floaters
- Painful eye
- Ingrowing lashes
- Recent and sudden loss of vision
- Foreign body in the eye



## Emergency

Emergency Department or 999 for emergencies only:

Choking, Chest pain, Blacking out, Serious blood loss, Significant injury or trauma