

Ear pain



Diarrhoea



Vomiting  
and fever



Cuts and  
wounds



# Where do I go for treatment?

When you need treatment...  
**know your choices**

Your guide to where to go when you're ill



# When you need treatment... know your choices

There are a range of health care services available for when you or your family become ill. The options below will give you an idea of which service will give you the best and most appropriate treatment and advice for minor injuries and ailments.

## Minor injury units...

...are a fast and handy way for you to get trustworthy advice and treatment for all minor injuries such as sprains and strains, cuts and wounds, bumps and burns. You don't need to ring up to book an appointment you can just walk in and you will be seen by a qualified nurse practitioner.

We recommend that you use your local minor injury unit when you need medical treatment or advice which does not need a visit to accident and emergency or a medical appointment. A&E should only be used for very serious injuries or illnesses.

With modern facilities, experienced, trained staff and units located throughout Hull and the East Riding they're a great, easy to use more appropriate service for when you have a less serious injury.

For more information on location and opening times of your local minor injury unit simply push out and keep the handy card opposite.

## Pharmacists...

...can give you on the spot expert, confidential advice and treatment on minor ailments such as coughs and colds; diarrhoea; emergency hormonal contraception (the morning after pill) and much more, all over the counter, without an appointment!



## GPs and Doctors...

...are the best choice if you have an illness or injury that won't go away. There are surgeries located across Hull and the East Riding area. Be aware if you aren't registered then you will have to sign up a GP surgery to make an appointment.

## Out of hours GP service...

...offers urgent medical care from 6.00pm to 8.00am Monday to Friday and around the clock at weekends and Bank Holidays. You should only use this service if you have a medical problem that cannot wait.

## And remember...

...a lot of illnesses or symptoms such as coughs; colds; stomach upset; aches and pains can be treated at home simply by having a well stocked medicine cabinet. We recommend paracetamol, anti-diarrhoeal medicines, re-hydration mixtures; indigestion remedies and a thermometer at home just in case.



## Pop-out and keep this handy list of minor injury units in East Riding of Yorkshire and useful NHS contact numbers

### Minor injury units in East Riding of Yorkshire

#### Beverley\*

Beverley Westwood Hospital  
Open 9am to 5pm (Monday to Friday)  
01482 336446

#### Bridlington

Bridlington and District Hospital  
Open 9am to 9pm (Monday to Sunday) - 01262 423008

#### Driffield

Alfred Bean Hospital  
Open 9am to 6pm (Monday to Sunday) - 01377 208733

#### Goole

Goole and District Hospital  
Open 24 hours a day (Monday to Sunday) - 01405 720720

#### Hornsea

Hornsea Cottage Hospital  
Open 9am to 5pm (Monday to Sunday) - 01964 533146

#### Withernsea\*

Withernsea Community Hospital  
Open 9am to 5pm (Monday to Friday)  
01964 614666

\*Closed Bank holidays



## Accident and Emergency (A&E)...

...should only be used if you are showing symptoms of a serious illness or are badly injured and in need of urgent care. If you attend A&E with a minor illness or injury you could be preventing someone who is seriously injured from being seen. Our accident and emergency units are very busy and if your injury is not an emergency you may have to wait longer to be seen and treated.

**PLEASE HELP MORE SERIOUSLY ILL PATIENTS BY USING YOUR LOCAL NHS SERVICES APPROPRIATELY**

**If you are unsure about what service to use then simply ring NHS Direct 0845 4647 or visit [www.nhs.uk](http://www.nhs.uk)**



### Useful contacts

**NHS Direct**  
0845 46 47

**NHS Choices**  
[www.nhs.uk](http://www.nhs.uk)  
(To find all your local health care services)

**GP out of hours service**  
0845 056 8060  
(For urgent GP care that cannot wait until the next day)



**Emergency dentist**  
0845 056 8298  
(only use this service outside normal working hours)

**When you need treatment... know your choices**



**Pop-out and keep this handy list of minor injury units in East Riding of Yorkshire and useful NHS contact numbers**