**Who Do I See**

**Before you get in touch with us, you may be helped elsewhere**



**Pharmacies**

There are a lot of health issues that you may come across that can easily be dealt with by a pharmacist at your local chemist.

Minor illnesses that are newly presented and haven't been dealt with by a clinician before are suitable for a pharmacist to deal with. If you don't know who to get advice from, the pharmacy is a great place to start!

A pharmacist can advise and treat you for:

* Constipation
* Heartburn
* Diarrhoea
* Hay fever
* Cold and flu
* Headache
* Athletes foot
* Cold sore
* Contact dermatitis
* Head lice
* Insect bites or stings
* Mouth ulcers
* Nappy rash
* Rashes
* Thrush
* Conjunctivitis
* Ear wax build up
* Teething
* Threadworm

If you're unsure whether a pharmacist is the right person to see for your condition, please check the services at your local pharmacy.

**Urgent Treatment Centres and Minor Injuries Units**

We are lucky enough to have an urgent treatment centre in Folkestone.

To be seen on the day, for new, urgent and minor illnesses, our local minor injuries units will be able to see you without an appointment. Appointments can also be booked by contacting NHS 111 by phone or online.

Urgent treatment centres are there to help alleviate some stress from A&E by dealing with more minor health issues to keep emergency ports clear for those that need them. See the list below for what is suitable to visit the minor injuries unit for.

**Urgent Treatment Centres** will see you for:

* Sprains and strains
* Simple fractures
* Wound infections
* Bites/cuts/stings
* Minor head injuries
* Minor eye injuries e.g. scratches, particles in eye
* Acute musculoskeletal pain
* Minor burns and scalds
* Removal of foreign bodies
* Earache
* Sinus pain
* Urine infections
* Minor allergies
* Acute rashes
* Constipation
* Diarrhoea
* Indigestion
* Short lived non-severe abdominal pain
* Nose bleeds

**The Royal Victoria Hospital is open every day 8am - 8pm**. You can contact them on: 01303 852727

**A&E**

Knowing when to go to A&E can help to make life saving decisions. You should go to A&E when there is:

* Loss of consciousness
* A sudden confused state
* Fits that are not stopping
* Chest pain
* Breathing difficulties
* Severe bleeding that cannot be stopped
* Severe allergic reactions
* Severe burns or scalds
* Stroke
* Major trauma such as a road traffic collision
* Feelings of self-harm or suicide

**Not sure who to turn to?**

NHS 111 can help if you need urgent medical help or you're not sure what to do.

If you need to go to A&E or a UTC, NHS 111 can book an arrival time. This can help with wait times and social distancing.

111 is available 24 hours a day, 7 days a week, online or phone.

**If your condition isn't mentioned above or is an ongoing condition, get in touch with your GP.**