


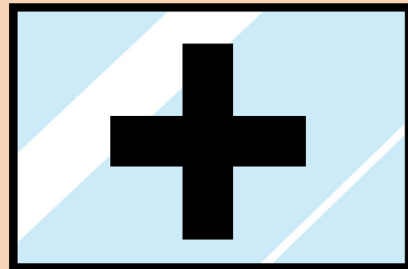
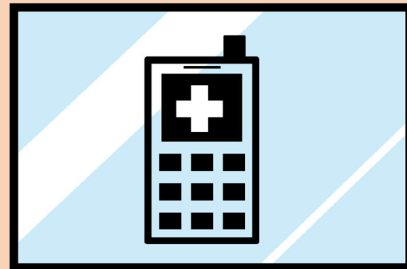



# Do you know what to do if you need medical attention?

					
Choking. Chest pain. Blacking out. Blood loss. Severe bleeding. Severe burns. Medical emergency.	Cuts. Strains. Itches. Sprains.	Vomiting. Ear pain. Stomach ache. Back ache. Flu. Asthma/COPD.	Diarrhoea. Runny nose/colds Painful cough. Headache. Stop smoking. Sexual health. Alcohol support. Medicines use review.	Unwell? Unsure? Confused? Need help?	Hangover. Grazed knee. Sore throat. Cough.
Visit Basildon A&E or call 999	Orsett Minor Injuries Unit	GP Surgery	Aches and pains. Weight loss.  Pharmacy	Call NHS 111	Self-care

**Remember - A&E is for serious and life-threatening emergencies only**  
For more information on health conditions and where to go for medical advice, Visit the [NHS Choices website](https://www.nhs.uk/choices)