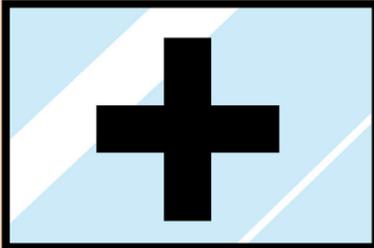
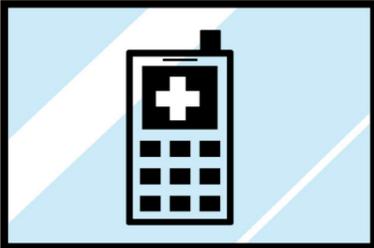


# Do you know what to do if you need medical attention?

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

**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](#)