

**There are alternatives to going to hospital for healthcare.** Did you know about these other services, which may be closer to your home?

If you become unwell or are injured make sure you choose the right NHS service.

- For life threatening conditions like choking, chest pain, blood loss or blacking out please call 999 and tell the operator that there is a medical emergency, a response vehicle will be sent to your location. Emergency services are very busy and should only be used in serious situations.
- For trips, slips, skin complaints and everything in-between, call 111 or choose a Polyclinic or NHS Urgent Care Centre – they are open 12 hours a day. See below for details of local Polyclinics/Walk-in Centres
- For vomiting, ear pain, sore tummy, back ache etc make an appointment with your GP for medical advice and /or examination.
- For Diarrhoea, runny nose, painful cough, headache – your local pharmacist can give you advice on illnesses and the medicines you need to treat them.
- Unwell, unsure, confused, need help – dial 111
- Hangover, grazed knee, sore throat, cough – a lot of illnesses can be treated at home with medicines you can buy at your local pharmacy and by getting plenty of rest. Self-care is the best choice to treat very minor illnesses and injuries.

#### **Local Polyclinics or Urgent Care Centres**

1. King George Hospital Urgent Care Centre, Barley Lane, Goodmayes, IG3 8YD. 020 8983 8000
2. Queens Hospital Urgent Care Service, Rom Valley Way, Romford. 01708 435000
3. Harold Wood Polyclinic Walk-in Service, The Drive, Harold Wood, Essex RM3 0AR. 01708 792000  
8am to 8pm, 7 days a week
4. The nearest walk-in centre is at Barking Community Hospital, Upney Lane, Barking IG11 9LX. It offers minor ailment and injury services and X-ray facilities and operates from 7am-10pm Monday to Friday and from 9am-10pm Saturdays and Sundays. Telephone 020 8924 6262