

Where to go for urgent medical advice and support

**For urgent dental treatment call 0845 7010401
(Mon to Fri 6.30pm - 9am and 24 hours at weekends and bank holidays).**

Minor cuts Grazes Colds Hangover	Many common illnesses and injuries can be treated at home <ul style="list-style-type: none"> • Talk to your pharmacist about remedies • Get plenty of rest and drink plenty of fluids 	Stock a medicine cabinet with: <ul style="list-style-type: none"> • paracetamol • ibuprofen • anti-diarrhoeal medicine • rehydration mixture • indigestion remedy • cold and flu remedies • first-aid kit Always read the labels
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Unwell? Unsure? Need advice?	NHS Direct <ul style="list-style-type: none"> • 24-hour answers to any health questions • Check symptoms by phone or online • Get phone numbers, addresses and opening times of GPs, hospitals and walk-in centres • Get advice on what to do next 	Confidential advice 24 hours a day <ul style="list-style-type: none"> • Phone 0845 46 47, website www.nhsdirect.uk <p>Calls cost a maximum of 5p per minute from a BT landline. Calls from mobiles and other networks vary. Your service provider may charge a minimum cost per call. A confidential interpretation service is available in many languages.</p>
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Runny nose Headaches Tummy upset Cough and Sore throat	Pharmacy <ul style="list-style-type: none"> • The pharmacist is a qualified expert in medicines • They can advise on the best medicines for many common illnesses • You don't need an appointment • Get the help you need as quickly as possible 	Find your pharmacy <ul style="list-style-type: none"> • To find opening times of the pharmacist nearest to you, visit www.nhs.uk • Or call NHS Direct on 0845 46 47
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Persistent pain Backache Vomiting	GP <ul style="list-style-type: none"> • For illnesses and injuries which aren't life-threatening • GPs can speak to patients over the phone 	<ul style="list-style-type: none"> • GPs provide medical advice, examinations and prescriptions <p>To find details of local GPs visit www.nhs.uk or call NHS Direct on 0845 46 47</p> <p>For urgent medical advice when your GP surgery is closed call the Out of Hours Service on 0845 600 10 13</p>
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Larger cuts Sprains Strains Minor injuries	Minor injuries units (for opening times see overleaf) <p>If you have a minor injury or ailment, you can seek the help of the highly-trained staff at the MIU.</p> <p>Other examples of when you might go to</p>	<p>the MIU include:</p> <ul style="list-style-type: none"> • bites and stings • burns • eye injuries • sprains <p>For urgent medical advice when the MIU is closed call the Out of Hours Service on 0845 600 10 13</p>
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Heavy bleeding - Broken bones - Chest pain - Suspected stroke - Burns	
A & E - Bournemouth, Poole and Dorchester Hospitals <ul style="list-style-type: none"> • Only call 999 or go to the Emergency Department if you are seriously ill or badly injured or you could delay treatment for someone more seriously ill than you are <p>In a real emergency, don't delay - call 999 for an ambulance.</p>	<ul style="list-style-type: none"> • Dorset County Hospital, Williams Avenue, Dorchester, DT1 2JY • Yeovil District Hospital, Higher Kingston, Yeovil, Somerset, BA21 4AT • Poole Hospital, Longfleet Road BH 15 2JB • Royal Bournemouth Hospital, Castle Road East, BH7 7DW

Opening time for minor injuries units (MIUs) and treatment centres

1 February 2011 to 1 August 2011

Blandford

Minor injuries unit, Milldown Road, Blandford Forum, Dorset, DT11 7DD

9am - 6pm Monday to Friday

10am - 4pm Weekends and Bank Holidays

Bridport

Minor injuries unit, Hospital Lane, North Allington, Bridport, Dorset DT6 5DR

9am - 6pm, February and March, seven days a week

9am - 8pm, April to August, seven days a week

Portland

Minor injuries unit, Castle Road, Castletown, Portland, Dorset, DT5 1AX

10am - 6pm 7 days a week

Shaftesbury

Minor injuries unit, Abbey Walk, Shaftesbury, Dorset, SP7 8BD

9am - 6pm Monday to Friday

10am - 4pm Weekends

Sherborne

Minor injuries unit, Hospital Lane, Sherborne, Dorset, DT9 3JU

9am - 6pm Monday to Friday

10am - 4pm Weekends

St. Leonards

Out of hours Treatment Centre

Ringwood Road, St Leonard's Hants, BH24 2RR.

Phone 01202 584200

9am - 6pm Weekends and Bank Holidays opening only

Swanage

Minor injuries unit, Queens Road, Swanage, Dorset, BH19 2ES

8am - 10pm seven days a week

Weymouth

Minor injuries unit, Melcombe Avenue, Weymouth, Dorset, DT4 7TB.

Open 8am - 10pm seven days a week

Weymouth Community Health Centre accepts all patients either through self referral or GP referral.

The centre is situated Melcombe Avenue, Weymouth Community Hospital, Melcombe Avenue, Weymouth, DT4 7TB.

Open 8am to 8pm seven days a week.

Wimborne

Minor injuries unit, Victoria Road, Wimborne, Dorset, BH21 1ER

8.30am - 4.30pm Monday to Friday