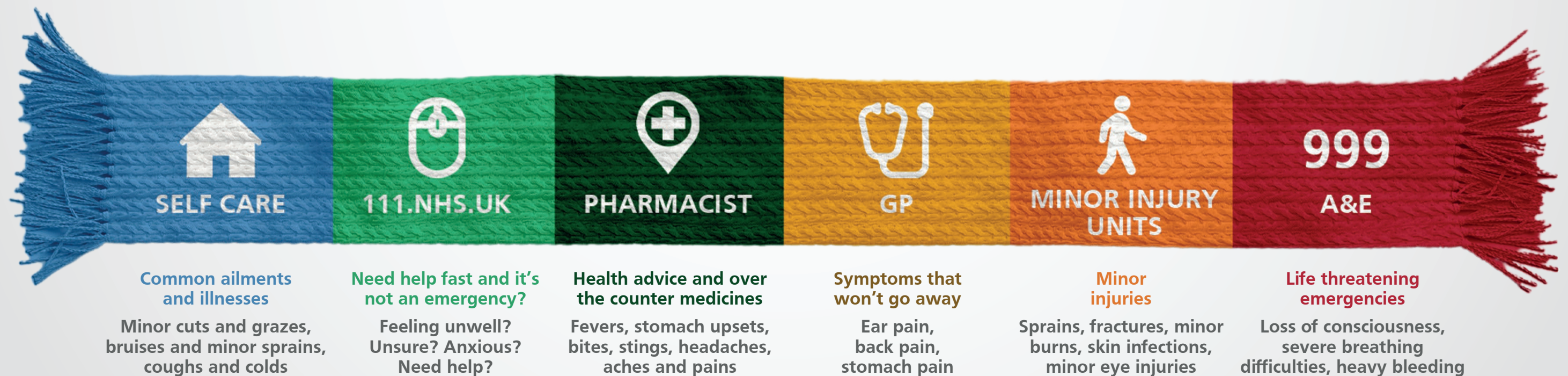


## Think which service?

Find out which service in  
Shropshire, Telford and Wrekin  
can best help you.



To find out more

Visit [thinkwhichservice.co.uk](https://thinkwhichservice.co.uk)

**HELP US,  
HELP YOU**

# Find out how some people in your community used local NHS services to get the right help at the right time.



## Think Minor Injuries Unit for sprains



**I recently used a local Minor Injuries Unit (MIU) when I sprained my wrist while playing rugby.**

It was much quicker than visiting A&E and they had me x-rayed and bandaged up in no time.

There are MIUs located in Bridgnorth, Ludlow, Oswestry and Whitchurch where you can get treated for:

- Bites and wound infections
- Cuts and lacerations
- Foreign bodies in the eyes, nose and ears
- X-Rays and fractures (for ages 5+)
- Minor burns, scalds and head injuries
- Soft tissue injuries

## Think Pharmacy before GP



**I was in a bit of discomfort with an eye infection a while ago.**

Instead of waiting for a GP appointment, I went to my local pharmacist who was able to provide me with some cream and eye drops straight away.

As qualified healthcare professionals, they can treat:

- Aches and pains
- Sore throat and coughs
- Colds and flu
- Earache
- Cystitis
- Skin rashes and red eye
- Teething

## Think NHS 111 online before A&E



**A few weeks back, little Mia had a tummy bug and a high temperature, so I thought about taking her to A&E.**

Because of the long wait times, I used NHS 111 online instead.

I entered her symptoms into 111.nhs.uk, and a call back with a nurse was organised. They were very thorough and put my mind at ease. They recommended some over-the-counter medicine to help Mia feel better.

To find out more

**Visit [thinkwhichservice.co.uk](https://thinkwhichservice.co.uk)**

## Think self-help and self-care



**I like to keep my medicine cabinet and First Aid Kit stocked up, so I can treat myself at home when I feel unwell or have hurt myself.**

I check the dates and have tablets such as aspirin, paracetamol and ibuprofen for aches, pains and high temperatures. Along with cough medicines and tablets for diarrhoea, indigestion and allergies.

I also make sure I'm up to date with my flu and COVID-19 vaccinations and know if I do start to become seriously unwell, to visit 111.nhs.uk.