

NEED NHS HELP?



Visiting the area?

Know where to turn



At home or on holiday, find the right NHS help for your medical problem.

What's wrong?	Who can help?
Grazes, sore throat, mild cough	You can help yourself or see a pharmacist
Hay fever, colic, dry skin, forgotten medication, common ailments	Pharmacist (call 111 or see website below)
Dental pain, swelling, severe bleeding	Dentist (call 111 for details)
Eye pain, vision loss, flashes or floaters	Optometrist (call 111 for details)
Sprains, minor cuts, bites, minor illness or injury	Minor Injuries Units: Prince Philip Hospital, Llanelli, or Glangwili Hospital, Carmarthen
Chest pain, blackout, blood loss, serious injury, choking	Glangwili Hospital A&E or call 999



Visit www.choosewellwales.org.uk for a full list of your nearest healthcare services



Freephone 111 for advice



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CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board