



NHS 111

Free 24 hours a day, 365 days a year



**GP Led health Centre
Hemel Hempstead Hospital**

03000 33 22 33

8.00am - 8.00pm Mon – Fri
8.00am to 7.00pm Sat, Sun and
Bank Holidays



Pharmacies



**Minor Injuries Unit
Mount Vernon Hospital**

01923 844201

Open: 9am to 8pm daily

Telephone Advice for
Non-life threatening
symptoms

Out of Hours GP Service

6.30pm - 8.00am Mon – Fri
All weekend

This is a one-stop number for patients with urgent, but not life-threatening symptoms who want a fast and easy way to get help when they need it.

You should call 111 if:

- It's not a 999 emergency
- You think you need to go to A&E or another NHS urgent care service
- You don't think it can wait for an appointment with your GP
- You don't know who to call for medical help

They can also help you find an emergency NHS dentist

Calling 111, when the surgery is closed, will also give you access to the Urgent Out of Hours GP Service (Herts Urgent Care)

Staffed by doctors who will assess you over the telephone. They may visit you at home if you are very unwell or ask you to come to a local centre (usually Watford General Hospital for our patients) to see a GP.

This is a service for urgent problems.

With no appointment necessary, the West Herts Medical Centre, is a GP led health centre, which welcomes patients 365 days a year and is located at the Hemel Hempstead General Hospital.

They will see unregistered patients and given the best treatment and advice for

- Minor illnesses
- Seasonal illnesses
- Health advice
- Childhood illnesses

Your pharmacist is a healthcare professional who can provide advice and treatment for these common conditions as well as dispensing prescriptions. Many of the items the pharmacist will recommend are the same as what GP's prescribe.

- Diarrhoea
- Headache
- Sore throat
- Painful cough
- Runny/blocked nose
- Minor illnesses
- Upset stomach
- Skin problems
- Hay fever
- Conjunctivitis
- Free emergency contraception

The waiting times at Minor Injuries are usually much shorter than those in A&E. You do not need an appointment to visit the Minor Injuries Unit.

- Cuts, grazes, bruising
- Wounds, including stitches
- Minor burns and scalds
- Tetanus post injury
- Removal of foreign bodies from eyes, nose or ears
- Minor eye problems
- Insect bites/animal bites
- Minor head injury where there has been no loss of consciousness
- Removal of rings & earrings
- Minor injuries to legs below the knee, and arms below the shoulder
- Minor nose bleeds
- Emergency contraception