

Get the right medical care in the right place from the right service



Bromley urgent and emergency care services are extremely busy. Only use those services when you have a serious health emergency or have been asked to attend by NHS 111.

If you attend urgent and emergency services with a minor ailment or ongoing health condition that can be treated by your GP, pharmacist, optician or other community service, you will be redirected back to those services for your care.

This is so urgent care and emergency service staff can focus on treating those with more serious conditions such as heart attacks, strokes, child health emergencies, major injuries and broken bones.



SELF-CARE: Treat minor illnesses such as headaches, cuts and bruises, coughs, and colds at home. Use over the counter medicines, drink plenty of water and get some rest. If the symptoms persist please see your pharmacist or GP.



NHS 111: Check out your symptoms and seek further advice at 111.nhs.uk. If you can't get online, then call 111. If you have an urgent medical problem or your GP is closed, NHS 111 will provide advice and if necessary, make an appointment for you at a local service.



PHARMACY: Qualified staff can advise on medicines and the treatment of minor ailments and injuries. No appointment is needed.



URGENT TREATMENT CENTRES: For urgent needs only. Use an urgent treatment centre when you are advised to by NHS 111. There are urgent treatment centres at the Princess Royal University Hospital and at Beckenham Beacon.



GP PRACTICE: If you are feeling unwell and it's not an emergency. Appointments are also available on weekday evenings and Saturdays.



999/A&E: Only use this service if you or someone else is seriously ill and their life is in danger.



Dr Lucia Anthonypillai, Bromley GP and Clinical Lead for Urgent and Emergency Care in the borough said, "We are urging our residents to always consider if going to A&E or an urgent treatment centre is the best option for them. Many times, it is better to see your pharmacist or GP services. If you use emergency services for minor conditions, you will be redirected to another service. Please help your NHS by using the right service and keep urgent and emergency services for those who really need them.

"When you feel ill, please think self-care, pharmacy, GP or NHS 111 first. GP practices in Bromley are open five days a week with additional appointments available in the evening and on Saturdays".

Help us to help you and always think self-care, NHS 111, pharmacist and GP first.



For more information visit www.selondonics.org/keep-well-this-winter-in-bromley

SCAN ME



Information on primary care services in Bromley is available at www.selondonics.org/bromleyprimarycare

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