

Choosing the right NHS service

for the child in your care

The information in this leaflet is relevant for children in your care aged 0-18, particularly younger children.

Download your FREE Choose Well app today from iTunes,
Google Play or by visiting: www.choosewellwales.org.uk



Self Care

or

NHS Direct Wales

**Grazed Knee
Sore Throat
Cough**

**Unwell?
Unsure?
Need Help?**

Self Care – Some illnesses can be treated in your own home with support and advice from the services listed in this leaflet or by contacting. . .

NHS Direct Wales – Confidential 24-hour health advice and information

Tel: 0845 4647 www.nhsdirect.wales.nhs.uk

It is important to seek further advice if a child's conditions gets worse

Dental Services and Optometrists

Toothache

Chipped Tooth

Bleeding Gums

Vision Problems

Foreign body in eye

Eye Disease

Dentists are qualified to treat the diseases and conditions that affect the teeth and gums especially the repair and extraction of teeth.

Optometrists perform eye exams to diagnose, manage, and treat conditions and diseases of the eyes. They prescribe eyeglasses or contact lenses as needed.

Download the Choose Well app today for details of your local Dental Service and Optometrist.

Pharmacies

Mild Diarrhoea

Mild Fever

Mild Skin Irritations

Painful Cough

Sore Throat

Cold Symptoms

Your local pharmacies can suggest medicines for your child, and offer advice on common illnesses without the need for an appointment.

Many pharmacists have longer daily opening hours than GP surgeries, and some are open at weekends.

Download the Choose Well app today for details of your local pharmacies.

GPs

Vomiting
Sore Tummy
Cold Symptoms

Ear Pain
Back Ache
High Temperature

Children with a moderate injury or illness will often need to be seen by appointment with your GP.

Choose this service to treat your child's illness that has been treated with self-care but just won't go away.

Download the Choose Well app today for details of your local GP surgery.

Minor Injury Units

Cuts

Sprains

Strains

Wound Infections

Insect Bites

Minor Burns & Scalds

Children with a moderate injury will often need to be seen at your local Minor Injury Unit where no appointment is necessary.

Choose this service to treat your child's injury that has been treated with self-care but just won't go away.

Download the Choose Well app today for details of your local Minor Injury Unit.

Emergency Department (A&E) or 999

Choking

Broken Bones

Loss of Consciousness

Fitting

Bleeding from Nose or Mouth

Severe Breathing Difficulties

Choose A&E or 999 if your child is experiencing any life-threatening symptoms of injury or illness.

If your child's condition is not critical choose another service to get the best possible treatment.

Download the Choose Well app today for details of your local Emergency Department.