

Looking for health advice or treatment in Selby?

There are more options than you might think...



Self-care

Minor symptoms (headaches, sore throats, stomach upsets etc.) can be treated with off-the-shelf medicines - available from your local pharmacy, convenience store or supermarket.



NHS Direct

Advice on symptoms, treatment and local services. Call free on **0845 46 47** or visit www.nhsdirect.nhs.uk



Pharmacy

Expert advice and treatment for minor symptoms and conditions. Some open late and on weekends - no appointment necessary. Text 'pharmacy' to **64746** to find your nearest.



GP Practice

For more significant illnesses and long-term medical problems. GP practices can also treat patients for minor injuries on a drop-in basis. If you have a serious health issue out of normal opening hours, call your practice to be connected to the out of hours service.



Minor Injury Unit @ The New Selby War Memorial Hospital

On Doncaster Road, Selby YO8 9BX. Open 7 days a week, 7:30am to 10pm. Nurse-led service treating minor injuries like cuts, burns and fractures. No appointment necessary.



A&E or 999

For serious injuries and emergencies only. In Selby your nearest A&E is York Hospital, Wigginton Road YO31 8HE. In the south of the Selby District your nearest A&E is Pontefract General Infirmary (WF8 1PL). Please note, from 1 November 2011 Pontefract A&E will temporarily close overnight from 10pm to 8am.



Information on your mobile

More information is available on the NHS Choices website. If you have a mobile phone, visit www.nhs.uk/mobile



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