

Looking for health advice or treatment in Craven?

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.



A&E or 999

For serious injuries and emergencies only. Depending where you are in Craven, your nearest A&E departments are Airedale Hospital, Skipton Road, Keighley BD20 6TD or Royal Lancaster Infirmary, Ashton Road, Lancaster LA1 4RP.



Information on your mobile

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



Download the NHS Yorkshire and Humber **Android** app



Download the NHS Yorkshire and Humber **iPhone** app