

Looking for health advice or treatment in Ryedale?

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 @ Malton Community Hospital

On Middlecave Road, Malton, YO17 7NG, open 7 days a week 8am to 9:30pm. Offers a nurse-led service to treat minor injuries like cuts, burns and fractures. No appointment is necessary.



A&E or 999

For serious injuries and emergencies only. Depending where you are in Ryedale, there are three A&E departments to choose from: York Hospital, Wigginton Road YO31 8HE; Scarborough General Hospital, Woodlands Drive YO12 6QL; The Friarage Hospital, Northallerton DL6 1JG.



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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