

If you are ill or injured, make sure you choose the right service, and:

- You could spend less time waiting for treatment
- You'll get the best treatment for your symptoms
- You'll help free up the Emergency Department to treat those with the most serious illnesses and injuries

### Self-care



**Cough. Colds. Minor cuts. Sore throat. Headache.**

Many common illnesses can be treated with a well-stocked medicine cabinet and plenty of rest.

### Pharmacy



**Earache. Teething. Diarrhoea. Painful cough. Rashes.**

Pharmacists are health professionals who can provide advice and treatment for a range of common illnesses. Many local pharmacies are open 6am to 10pm.

### NHS 111



**If you need medical advice or reassurance and don't have a GP to call.**

Call or go online ([111.nhs.uk](https://111.nhs.uk)) anytime, 24 hours a day, 7 days a week.

### GP



**Persistent pain. Vomiting. Chronic backache. Asthma. Arthritis.**

GPs provide medical advice, examinations, prescriptions and routine care for illnesses and injuries that aren't life-threatening. Additional evening and weekend GP appointments are now available in northern Devon.

### Minor Injuries Services



**Sprains. Minor burns. Itchy rash. Bruises. Cuts.**

For treatment and advice for conditions that aren't serious but do need attention. Some are run by GPs and require you to call ahead but others are stand-alone services so you can just drop in (see overleaf for details).

### Emergency Department / 999



**Severe bleeding. Breathing difficulties. Stroke symptoms. Broken bones. Chest pain.**

The Emergency Department (ED) is for life-threatening illnesses and injuries only. Dialling 999 or going to the ED if you don't need to could delay treatment for someone who is seriously ill.

# Choose well

[www.northdevonhealth.nhs.uk](http://www.northdevonhealth.nhs.uk)

By making the right choice if you are injured or ill, you can get the best and quickest possible treatment or advice from the NHS. Here are details of the NHS services available in northern Devon and their locations.

**Ilfracombe MIU** EX34 8JF  
Tel: 01271 863448  
Open 7 days a week,  
8am to 6pm (closed Christmas Day)

**Lynton MIS** EX35 6BP  
Tel: 01598 753226 / 01598 752520 (weekends)  
Open 8am to 6pm weekdays,  
11am to 4pm Saturday  
(closed Sunday, Christmas Day and bank holidays)

**Bideford MIU** EX39 3AG  
Tel: 01271 322577  
Open 7 days a week,  
8am to 8pm (closed Christmas Day)

**Torrington MIS**  
**Castle Gardens Surgery\***  
EX38 8EU  
Tel: 01805 623222

Open weekdays 8.30am to  
6pm (closed 1.15pm–2pm)

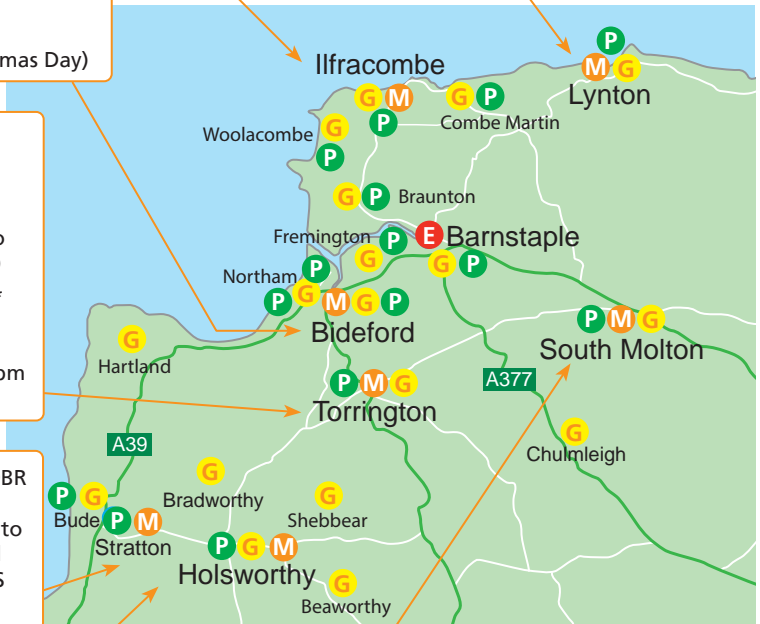
**Torrington Health Centre\***  
EX38 8EL  
Tel: 01805 622247  
Open weekdays 8am to 6pm  
(closed 12.15pm–1.15pm)

**Stratton MIU** EX32 9BR  
Tel: 01288 320100  
Open 7 days a week, 8am to  
10pm at **Stratton Hospital**  
(Cornwall Partnership NHS  
Foundation Trust)

**Holsworthy MIS** EX22 6GH  
Tel: 01409 253692  
Open Monday to Friday,  
8.30am to 6pm at  
**Holsworthy Medical Centre\***

**South Molton MIS** EX36 3BZ  
Tel: 01769 573101  
Open Mon & Tue 8am to 8pm,  
Wed to Fri 8am to 6.30pm at  
**South Molton Medical Centre\***

\* Please call in advance.  
GP surgeries closed  
Christmas Day, Boxing  
Day, New Year's Day  
and bank holidays.



## Key



Pharmacy



GP



Minor injuries services (MIS)  
/ minor injuries units (MIU)



Emergency  
Department

For further health advice or to find your nearest service,  
visit the NHS website at [www.nhs.uk](http://www.nhs.uk).