

## In Sussex

### NHS Walk-in Centres

All centres are open from 8am to 8pm, seven days week, including bank holidays

**Brighton Station Health Centre** - Aspect House, 84-87 Queens Road, Brighton, BN1 3XE  
**01273 203058**

**Crawley Health Centre** - 14 Haslett Avenue West, Crawley, RH10 1HS **0300 999 3000**

**Eastbourne Station Health Centre** - Eastbourne Station, Terminus Road, Eastbourne, East Sussex, BN21 3QJ **01323 726650**

**Hastings Walk In Centre** - Ground floor, Station Plaza Health Centre, Hastings, East Sussex, TN34 1BA  
**01424 884410**

### Minor Injuries Units

**Bognor Regis War Memorial Hospital** - Shripney Rd, Bognor Regis, West Sussex, PO22 9PP Open 9am to 5pm, Monday to Friday, not including bank holidays  
**01243 865 418**

**Crowborough War Memorial Hospital** - Southview Rd, Crowborough, East Sussex, TN6 1HB Open 8am to 8pm, seven days week **01892 603602**

**Horsham Hospital** - Hurst Road, Horsham, West Sussex, RH12 2DR Open 9am to 5pm, Monday to Friday, not including bank holidays **01293 600300 ext 7202**

**Lewes Victoria Hospital** - Nevill Road, Lewes, East Sussex BN7 1PF Open 8am to 8pm, seven days week  
**01273 402504**

**Queen Victoria Hospital** - Holtye Road, East Grinstead, West Sussex, RH19 3DZ Open 8am to 10pm, seven days a week, including bank holidays **01342 414375**

**Uckfield Hospital** - Framfield Road, Uckfield, East Sussex TN22 5AW Open 8am to 8pm, seven days week  
**01825 745030**

### Urgent Care or Treatment Centres

All centres are open 24 hours a day, seven days, including bank holidays

**Crawley Hospital Urgent Treatment Centre** - West Green Drive, Crawley, West Sussex, RH11 7DH  
**01293 600300 ext 4141**

**Royal Sussex County Hospital Urgent Care Centre** - Eastern Road, Brighton, BN2 5BE **01273 696955**

## Be prepared

Remember, if you are pregnant, over 65, have a long-term health problem or are a main carer, you can get a free flu jab from your GP. Make sure your medicine cabinet contains in-date medication including paracetamol or aspirin, rehydration mixture, indigestion mixture, plasters and a thermometer – a high temperature is usually above 38C.

## Sickness and diarrhoea

Most tummy bugs – sometimes called norovirus or gastric flu – get better in 48 hours. If you get one:

- Sip water to stay hydrated
- Wash your hands regularly with soap and warm water
- Phone NHS Direct on **0845 46 47** if you are worried

Attending emergency departments for coughs, colds, sickness and diarrhoea can put vulnerable patients at risk. Norovirus is highly contagious and can spread through busy emergency departments easily. Don't visit hospital if you have had sickness and diarrhoea in the last 48 hours to help stop the virus spreading. Contact your GP, pharmacist or NHS Direct if you feel severely dehydrated.

## Parents with young children:

A child's normal temperature is about 36C. Above 38C is a high temperature. Use infant painkillers to bring down your child's temperature – but make sure you follow the instructions carefully. Children under 16 should never be given aspirin. Your pharmacist will advise you on suitable remedies. Children recover from illness quickly but seek advice from NHS Direct on **0845 46 47** if a child's condition gets worse. Always call 999 if your child is having difficulty breathing, has a fit or seizure, or you suspect meningitis.

## Stop things spreading, Catch it, Bin it, Kill it.

To prevent something you have caught spreading to others:

- Catch coughs and sneezes in a tissue.
- Dispose of tissues quickly and safely.
- Regularly wash your hands with soap and warm water.

## Keep warm, keep well

Remember to keep warm when you go outside by wearing lots of thin layers. Have regular hot drinks and hot meals that include fruit and vegetables and take regular, gentle exercise to generate body heat. Contact the Energy Saving Trust free on 0800 512012 for help and advice with insulating or heating your home. For those over 60, low income families and people with disabilities, further information is available at [www.direct.gov.uk/keepwarmkeepwell](http://www.direct.gov.uk/keepwarmkeepwell)



Sussex

# Feeling unwell?

There's a range of NHS services on your doorstep

Self-care

[www.nhs.uk](http://www.nhs.uk)  
NHS Direct 0845 46 47

Pharmacy

GP

NHS walk-in  
or GP-led health centre

Minor injuries units

A&E or 999



<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>The sorts of symptoms you might have</b></p>	<p>Headache, cold, flu, nausea, diarrhoea, sore throat</p>	<p><b>Self-care</b></p> <p>Many common illnesses can be treated at home with over-the-counter medicines, plenty of rest and regular fluids. Remember to take regular small sips of water to avoid getting dehydrated.</p>	<p><b>Self-care essentials:</b> Ensure your medicine cabinet is stocked with: paracetamol, rehydration mixture, indigestion remedy, plasters, and a thermometer.</p>
		<p><b>NHS Direct</b></p> <p>At <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a> you can check your symptoms, check hundreds of conditions and treatments, and find telephone numbers and addresses for most NHS services, including GPs and hospitals.</p>	<p>For confidential health advice and information around the clock visit <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a> or call <b>0845 46 47</b>. (Calls cost a maximum of 5p per minute from a BT landline. Calls from mobiles and other networks may vary. A confidential interpretation service is available in many languages.)</p>
		<p><b>Pharmacist</b></p> <p>Many common illnesses can be treated at home. Ask your pharmacist for advice on the best medicines and treatments for minor ailments.</p>	<p>To find your local late night pharmacy visit <a href="http://www.nhs.uk">www.nhs.uk</a> or call <b>0845 46 47</b> or look in your local newspaper.</p>
	<p>Medical examinations, advice and prescriptions</p>	<p><b>GP</b></p> <p>If you need to see a doctor, make an appointment with your GP. Many have extended hours. Out-of-hours GPs are available if you need to see a doctor urgently when your surgery is closed. Arrange repeat prescriptions with the surgery.</p>	<p>To find contact details for your GP surgery or to find a surgery where you can register, visit <a href="http://www.nhs.uk">www.nhs.uk</a> or call <b>0845 46 47</b>. For urgent out-of-hours GP services call your surgery answer phone or call <b>0845 46 47</b>.</p>
	<p>Cuts, sprains, strains, minor burns, stings</p>	<p><b>NHS walk-in centre or GP-led health centres</b></p> <p>NHS walk-in centres or GP-led health centres are open all day, every day, and into the evening. No appointment is usually necessary.</p>	<p>To find your local NHS walk-in centre or GP-led health centre visit <a href="http://www.nhs.uk">www.nhs.uk</a> or call NHS Direct on <b>0845 46 47</b>.</p>
	<p><b>Minor injuries units and urgent treatment centres</b></p> <p>These centres are for people who have injuries that may need cleaning, stitching or dressing. They are open all day, every day and into the evenings. No appointment is usually necessary.</p>	<p>To find your local service visit <a href="http://www.nhs.uk">www.nhs.uk</a> or call NHS Direct on <b>0845 46 47</b>.</p>	
<p>Serious injury, life threatening conditions</p>	<p><b>A&amp;E or 999</b></p> <p>Go to A&amp;E if you are seriously ill or badly injured. Call 999 if the patient is suffering a potentially life-threatening emergency. <b>Please only use these services if you really need them.</b></p>	<p>To find your nearest A&amp;E, call <b>0845 46 47</b> or visit <a href="http://www.nhs.uk">www.nhs.uk</a> Call 999 for the ambulance service.</p>	