



**UNIVERSITY
OF LONDON**

**CONNAUGHT
HALL**

It can be worrying if you don't know how to get medical help in an emergency. Use this poster to choose the best service for your needs. Remember: the Warden, Senior Members, and Hall Management are here to help if you are unwell or injured. Just ask at reception.

CHOKING *
HEAVY BLEEDING *
SEVERE BREATHING PROBLEMS *
COLLAPSE * / UNCONSCIOUSNESS *
CHEST PAIN
BROKEN BONES
SERIOUS BURNS

Walk / take a taxi to A&E or call 999 for an ambulance (*) if you cannot stand up. The nearest A&E department is at University College Hospital, Euston Road, NW1 2BU

MINOR BURNS
CUTS & SPRAINS
MUSCLE & JOINT INJURIES
MINOR ILLNESSES

Go to the Soho NHS Walk-in-Centre on Frith Street, W1D 3HZ (8am to 8pm, Mon to Fri; 10am to 8pm Sat & Sun)

HEADACHE / EAR ACHE
STOMACHE ACHE
VOMITING / BACK PAIN
CONTRACEPTIVE ADVICE
REPEAT PRESCRIPTIONS

Visit your GP, call your GP out-of-hours service (GPOOH), or call NHS 111 (dial 111). The GPOOH service for most doctors in this area is Harmoni: 020 7388 5800

DIARRHOEA
PAINFUL COUGH
SORE THROAT
FEVER

Go to a pharmacy or call NHS 111 (dial 111). The nearest pharmacies are Boots Brunswick Centre, WC1N 1AE and Tottenham Court Road, W1T 7PP.

TOOTHACHE
GUM PROBLEMS

Visit your dentist. If you are not sure where to find a dentist, call NHS 111 (dial 111).

COUGHS, COLDS, RUNNY NOSE
HANGOVER
HAYFEVER
SUNBURN
BRUISES AND GRAZES

Self care:
Keep some plasters and simple medicines like paracetamol handy in your room.
Call NHS 111 for advice.

URGENT HEALTHCARE