

You don't have to go to the emergency department to fix sprains and strains

Don't spend your bank holiday waiting in the emergency department to get sprains, strains and broken bones fixed - head straight for your nearest Minor Injury Unit (MIU) or Urgent Care Centre. Whether you've injured yourself with an over-enthusiastic football tackle in the park, or hammered your thumb doing the DIY, doctors and nurses there can treat you far quicker, leaving you to enjoy the rest of the long weekend.

There is a 24-hour Urgent Care Centre at West Cornwall Hospital in Penzance and another at Camborne Redruth Community Hospital, which is open from 11am to 7pm.

Minor injury units in Bodmin; Camborne Redruth; Falmouth; Helston; Launceston; Liskeard; Newquay; St Austell; St Barnabas; St Mary's (Isles of Scilly); and Stratton community hospitals treat cuts, burns, sprains, broken limbs and strains, as well as treatment for minor illness. They are open in the evening and at weekends and offer free parking. Visit www.kernowccg.nhs.uk/get-info/choose-well for opening times.

Pharmacists can give confidential expert advice and treatment for a range of common illnesses and complaints, such as allergies, minor cuts, bruises and skin conditions. They can also arrange an urgent prescription for a supply of any prescribed medicines that run out, so you don't have to use the out of hours' service or the emergency department. This service is also available for anyone who's on holiday or visiting family.

Make sure any prescription medications are not going to run out during the weekend and medicine cabinets are well-stocked with over the counter remedies for upset stomachs, headaches, other minor illnesses.

NHS 111 also provides 24-hour expert non-emergency medical help. It's free to call from landlines and mobile phones and is staffed by fully-trained advisors and experienced clinicians.

Using the right service will keep the emergency department free for people with life-threatening and serious conditions, such as chest pain; stroke; severe abdominal pain; severe bleeding or breathing difficulties; major broken bones and serious head injuries.

Dr Iain Chorlton, Chairman of NHS Kernow, said: "The bank holiday is a time to relax and have fun, but some people may fall ill or have an accident and need treatment and care. There continues to be sustained demand on the emergency department - with attendances up by 45% on some days - and many visits can be treated somewhere else. Emergency services will be there for anyone who needs

them, but we're once again appealing to anyone who needs help to use the right service and keep the emergency department free for urgent and life-threatening care only. The emergency department is not the right place to treat sporting sprains and strains; fractured and broken bones; upset stomachs; insect bites and cuts. Your MIU; urgent care centre; pharmacy or NHS 111 can best advise and treat these type of conditions. Help yourself, and the NHS, and use the right service this weekend."

Visit www.kernowccg.nhs.uk/get-info/choose-well to find your nearest service.

An x-ray service is available at the following minor injury units during the bank holiday:

- Bodmin Community Hospital
Monday to Friday: 9am to 4.45pm
- Camborne Redruth Community Hospital
Monday to Friday: 9am to 10pm, and Saturday/Sunday: Noon to 6pm
- Falmouth Community Hospital
Monday to Friday: 9am to 5pm
- Launceston Community Hospital
Monday to Friday: 9am to 5pm, and Sunday: 9am to 5pm
- Liskeard Community Hospital
Monday to Saturday: 9am to 5pm
- Newquay Community Hospital
Monday to Friday: 9am to 5pm
- St Austell Community Hospital
Monday to Friday: 9am to 5pm
- St Mary's Community Hospital
Wednesdays: Please call 01720 422392 to check opening times
- Stratton Community Hospital
Monday to Friday: 9am to 4pm

Opening times are correct at the time of going to press, but please check website for details: www.cornwallft.nhs.uk/hospitals/bodmin/departments/minor-injuries-unit

You can keep updated with NHS Kernow at www.kernowccg.nhs.uk or follow @nhskernow on Twitter and Facebook.