**Alternatives to A&E for Minor Injuries & Illness**

If you have a minor injury or illness, please do not attend our Emergency Department (ED) at Queen Alexandra Hospital (QA). Instead, if you need urgent, non-emergency care, please visit:

* **St Mary’s Urgent Treatment Centre, Milton, Portsmouth 0333 321 8277**
Open seven days a week from 7.30am to 10pm (weekends 8am to 10pm) <https://www.stmarystreatmentcentre.nhs.uk/utc/>
* **Petersfield Community Hospital Minor Injuries Unit 023 82 310595**
Open seven days a week from 8am to 5.45pm <https://www.southernhealth.nhs.uk/services/minor-injuries-units/>
* **Gosport War Memorial Hospital Minor Injuries Unit 023 92 794753**
Open seven days a week from 8am to 9pm <https://www.porthosp.nhs.uk/departments-and-services/gosport-minor-injuries-unit/96458>

These urgent treatment centres and minor injuries units can help with a number of conditions including those below but **you are advised to call ahead before attending.**

* Cuts and grazes
* Sprains and strains
* Broken bones or fractures
* Bites and stings
* Infected wounds
* Minor head injuries
* Minor eye problems

**IF YOU HAVE SYMPTOMS OF COVID-19 (A HIGH TEMPERATURE OR A NEW, CONTINUOUS COUGH),** **PLEASE DO NOT ATTEND THE EMERGENCY DEPARTMENT OR ANY OF THESE OTHER SERVICES.**

**Do not leave your home if you have either:**

* **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
* **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual

**Use the 111 online coronavirus service to find out more.**