



# Health advice for visitors



Visit local pharmacy



02920 444500

**NHS** Direct *Wales*  
**0845 46 47**  
Galw **IECHYD** *Cymru*



02920 335208



999

CARING FOR PEOPLE  
KEEPING PEOPLE WELL



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



# Health advice for visitors

Type of treatment	Visitors				Residents
	Festival	Stadium	Pontcanna Fields	City Centre	Locality (C&V Area)
Medical Emergency	999 or UHW	999 or UHW	999 or UHW	999 or UHW	999 or UHW
Minor Injuries	LUBAS	St. John's	Event Care Ltd	Barry MI or UHW	Barry MI or UHW
Alcohol/Drug effects	LUBAS	ATC	Event Care Ltd	ATC	UHW
GP Out of Hours	NA	NA	NA	NA	Contact your GP
NHS Direct	0845 4647	0845 4647	0845 4647	0845 4647	0845 4647
Community Services	NA	NA	NA	NA	District nurses 029 2044 4501 Health Visitors 029 2093 2604 / 2952
Pharmacy/Self Care	Local pharmacy	Local pharmacy	Local pharmacy	Local pharmacy	Local pharmacy
Sexual Health	029 2033 5208	029 2033 5208	029 2033 5208	029 2033 5208	029 2033 5208
Dental	02920 444500	02920 444500	02920 444500	02920 444500	02920 444500

<b>Medical Emergency</b> Choking Chest pain Blacking out Blood loss Serious Injury Suspected stroke	<b>Minor Injuries</b> Cuts Bites Sprains Slip or trip Minor illness or injury	<b>Alcohol/Drug Effects</b> Excess alcohol consumption Excess drug consumption	<b>GP out of hours</b> Vomiting Ear pain Painful cough Symptoms that won't go away	<b>NHS Direct</b> Help and advice	<b>Pharmacy/Self Care</b> Diarrhoea Cold Runny nose Upset stomach Headache Hangover Grazed knee Sore throat Sunburn Cough Other minor issues Emergency contraception
<b>Community Services</b> District nursing Health visitors	<b>Sexual Health</b> Contraception Emergency contraception STI's	<b>Dental</b> Toothache Tooth injury			

	Locations	Opening Times	Contact Info	How to access service
<b>ATC</b>	Bridge Street, City Centre	Thursday 1st June 8:00pm-5:00am Friday 2nd June 8:00pm-5:00am Saturday 3rd June 4:00pm-5:00am		Referral by SW Police  Welsh Ambulance  St. John's Ambulance Street Pastors Radionet
<b>LUBAS</b>	Cardiff Bay			
<b>Event Care Ltd</b>	Pontcanna Fields			
<b>Barry Minor Injuries</b>	Barry Hospital	Thursday 1st June 8:30am-3:30pm Friday 2nd June 8:30am-3:30pm Monday 5th June 8:30am-3:30pm		
<b>UHW</b>	Heath Park, Cardiff	24 hours, 7 days a week	02920 747747	
<b>St. John's Ambulance</b>	Stadium			
<b>Welsh Ambulance</b>	City Centre			