



Do you know which service to use?

**Choosing the right care when you are unwell
can help to reduce demand on NHS services.**

If you start to feel unwell, remember to seek
advice as soon as possible.

NHS 111 is available 24 hours a day, seven-days-
a-week for advice on the most appropriate
treatment or service for your need.

For more information on choosing the right service for
your need visit: www.nhs.uk



Self care

Stock up with medicines at home so you are prepared in case symptoms develop. Remember to complete and comply with prescribed medications.

HANGOVER
GRAZED KNEE
COUGH
SORE THROAT

NHS 111

NHS 111 is available 24 hours a day, seven days a week, if you urgently need medical help or information but your situation is not life-threatening.

NEED HELP FAST?
NOT WELL?
UNSURE?
CALL NOW!

Local pharmacy

Your pharmacist can give you advice for many common minor illnesses. Lots of pharmacies are open until late and at weekends, and you don't need to make an appointment.

DIARRHOEA
RUNNY NOSE
PAINFUL COUGH
HEADACHE

GP surgery

If you have an illness that won't go away, make an appointment with your GP practice. If you think you need to see a GP when your surgery is closed, call NHS 111.

Walk-in centres

If you need advice and treatment for a minor illness or injury on an immediate and necessary basis, there are nurse-led walk-in centres in some areas.

Urgent care centre

If you need urgent care for a minor but urgent injury or illness, there are urgent care centres available in some areas.

999 or emergency departments

999 and emergency departments are for patients with serious, life threatening injuries and illnesses.

CHEST PAIN
CHOKING
BLOOD LOSS
BLACKING OUT

For information on urgent care centres and walk-in centres that are operated by *gtd healthcare*, please visit www.gtdhealthcare.co.uk