

Are you using the right service?

SELF-CARE



What's in your medicine cabinet?

Visit NHS choices at www.nhs.uk

Minor cuts and grazes, bruises or sprains, coughs and colds, diarrhoea and vomiting

PHARMACY



Feeling unwell and unsure what medication is right

Need advice or help on medicines

To help you self-care

NHS 111 (24/7)



Still unsure and want more advice then dial 111

It's urgent but not an emergency

NHS 111 is available 24 hours a day

GP ADVICE



Self-care not working or persistent symptoms

Chronic pain

Long term conditions such as asthma or diabetes

WALK IN CENTRE



Minor injury or illness

Symptoms not getting better and you cannot see your GP

A&E or 999



Emergencies only

Severe bleeding
Choking
Breathing difficulties
Chest pain
Stroke