

- Minor grazes
- Sore throat
- Cough
- Hangover



SELF-CARE

- Diarrhoea
- Runny nose
- Painful cough
- Headache



PHARMACIST

- High temperature
- Vomiting
- Ear pain
- Stomach ache



**YOUR GP
PRACTICE**

- Need advice?
- Don't know who to call?
- Need medical help?



111 is available 24 hours a day all year.
Calls are free and an ambulance will be called if necessary.

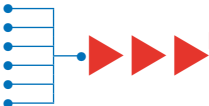
- Sprains
- Cuts
- Rashes
- Strains



**WALK-IN CENTRE
(OR) MINOR
INJURIES UNIT**

You don't need an appointment. Call 111 for your nearest centre or visit
www.nhs.uk

- Head injuries
- Deep wounds
- Chest pain
- Severe blood loss
- Broken bones
- Severe breathing difficulties



**EMERGENCY
DEPARTMENT
(A&E)
CALL 999**

ONLY FOR CRITICAL AND LIFE THREATENING SITUATIONS