

Your local NHS has a whole range of services which can help you and your family



Treat at home

- headaches
- sore throats
- chicken pox
- cuts and grazes
- stomach aches
- coughs and colds
- bumps and bruises.



Call 111

Call NHS 111 if you urgently need medical help or advice but it's not a life threatening situation. You can also call NHS 111 if you're not sure which NHS service you need.



See your local pharmacist

- aches
- pains
- allergies
- hay fever
- skin conditions
- coughs and colds
- medicines advice.



See your local GP

- flu jabs
- earache
- persistent vomiting and diarrhoea
- any illness or injury that won't go away.



Visit your nearest Walk-in Centre or Minor Illness and Injury Unit

- cuts
- sprains
- itches
- strains
- animal bites
- wound infection
- minor burns and scalds.



Dial 999 or go to your nearest Emergency Department

- emergency situations
- choking
- loss of consciousness
- serious or life threatening conditions
- severe bleeding that can't be stopped.