

# Unwell? Choose Well



Your **pharmacist, GP** or **NHS 111** can help you get treatment quickly

**A&E is for life threatening emergencies only**



for illnesses like  
coughs  
and colds -  
**see your  
pharmacist**



unsure where  
to go or need  
advice? -  
**call 111**

for illnesses like  
headaches, sore  
throats and  
stomach aches -  
**Self-care**



for illnesses that  
won't go away -  
**see your GP**



Help your NHS save lives

[www.choosewellcambs.nhs.uk](http://www.choosewellcambs.nhs.uk)



Cambridgeshire and  
Peterborough  
Clinical Commissioning Group