

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



## Treat at home

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

## Call 111

Call NHS 111 when it's less urgent than 999 – for immediate, life-threatening emergencies, you should continue to call 999.

## 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 & Injury Unit

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

## Dial 999 or go to your nearest Emergency Department

- choking
- loss of consciousness
- serious or life threatening conditions
- open wound blood loss.