



### Self care

Grazed knee  
Hangover  
Sore throat  
Cough



### NHS 111

Unwell?  
Unsure?  
Need help?  
GP surgery closed?



### Pharmacy

Diarrhoea  
Hayfever  
Painful cough  
Runny nose



### Your GP

Ear pain  
Fever  
Persistent vomiting  
Unexplained pains



### Urgent care centre or minor injury unit

Broken bones  
Severe sunburn  
Sprains  
Strains



### Emergency Department or 999

Chest pains  
Heavy bleeding  
Severe burns  
Stroke



**Choose  
well.**

**Remember - The  
Emergency Department or  
999 is for emergencies only**