

**Unwell?  
Unsure?  
Confused?  
Need help?**



Call **NHS 111** and  
follow their advice

**Diarrhoea?  
Runny nose?  
Painful cough?  
Headache?**

For advice on common  
illnesses and the best  
medicines to treat  
them, use a **pharmacy**

**Vomiting?  
Ear pain?  
Sore tummy?  
Back ache?**

When you have  
an illness or injury  
that won't go away,  
contact your **GP** for  
an appointment

**Cuts?  
Strains?  
Itches?  
Sprains?**

If you need help quickly  
or suddenly feel ill but  
are not a 999 emergency,  
use a **walk-in centre** or  
**urgent care centre**

**Choking?  
Chest pain?  
Blacking out?  
Blood loss?**

For immediate,  
life-threatening  
emergencies call **999**