**HOW TO GET INSTANT NHS HEALTH ADVICE ONLINE AS WELL AS ON THE PHONE**

Many people are familiar with the NHS phone helpline 111, which is free to use whenever you need it, 24 hours a day, 365 days a year. Call 111 if you need help fast (but it’s not a 999 emergency) and you are wondering whether to go to A&E or another NHS urgent care service. It can also help you if you need health information or reassurance about what to do next.

Now you can also access health advice via the NHS 111 online website. By guiding you through a series of questions about your main symptom it can assess your condition and offer you some advice. You will find out where to get help, and you may also be contacted by a nurse if needed.

For less urgent health needs, contact your local pharmacist or your GP surgery in the usual way. And for immediate, life-threatening emergencies, continue to call 999.

If you are looking for general information about health problems and medication you will find it on the NHS.UK website. But remember always to follow medical advice given to you by your doctor.

*Sent by Drs Virmani and Bedi’s patient participation group*