



**Choking. Chest  
Pain. Blacking  
out. Heavy  
bleeding.  
Stroke.**

**QA Emergency dept.**

Southwick Hill Road PO63LY

Tel: 02392 286000

OR

**999**



**Cuts.  
Broken bones.  
Sprains.  
Minor burns.**

**NHS Minor Injuries  
Unit.**

Gosport War Memorial PO12 3PW

Tel: 02392 524611



**Mental health worries.  
Ear Pain.  
Stomach ache.  
Persistent cough.**

**Gudge Heath  
Lane Surgery.**



**Tummy troubles.  
Cold.  
Bugs and viruses.  
Headache.**

**Pharmacy**



**Unwell?  
Unsure?  
Confused?  
Need Help?**

**NHS 111**



**Hangover.  
Grazes.  
Sore  
Throat.  
Cough.**

**Self-care**