



### NHS App/Getting Started

The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the Google play or App store. You can also access the same services in a web browser by logging in through the NHS website.

You can use the app if you are aged 13 or over. You must be registered with an NHS GP surgery in England or the Isle of Man.

You need to prove who you are to get full access to the NHS App. With full access you can:

- order repeat prescriptions and nominate a pharmacy where you would like to collect them
- book and manage appointments
- view your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
- book and manage COVID-19 vaccinations
- register your organ donation decision
- choose how the NHS uses your data
- view your NHS number
- use NHS 111 online to answer questions and get instant advice or medical help near you



Feeling Unwell? Choose the right service

Everyone has a role to play in keeping themselves healthy, and the NHS can provide the information and advice you need to stay well. Visit [nhs.uk/staywell](https://www.nhs.uk/staywell)

## Stay well

Guide to help you choose the right service for you and your NHS

<b>Self-care</b> Hangover. Cough. Colds. Grazes. Small cuts. Sore throat.	<b>Pharmacy</b> Diarrhoea. Earache. Painful cough. Sticky eye. Teething. Rashes.	<b>GP</b> Arthritis. Asthma. Back pain. Vomiting. Stomach ache.	<b>Minor Injuries</b> Cuts. Sprains. Strain. Bruises. Itchy rash. Minor burns.	<b>A&amp;E/999</b> Severe bleeding. Breathing difficulties. Severe chest pain. Loss of consciousness.
<p>Self-care is the best choice to treat minor illnesses and injuries.</p> <p>A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.</p>	<p>Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&amp;E department, and save time.</p> <p>No appointment is needed and most pharmacies have private consulting areas.</p>	<p>GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.</p>	<p>Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide non-urgent services for a range of conditions.</p> <p>They are usually led by nurses and an appointment is not necessary.</p>	<p>A&amp;E or 999 are best used in an emergency for serious or life-threatening situations.</p>

**NHS 111**  
**NHS website**

If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call NHS 111.

You can also access health advice and guidance or find your nearest service online through the NHS website.

24 hours a day  
7 days a week

Visit [www.nhs.uk](https://www.nhs.uk)