



NHS

Away from home and need medical care?

Get the right care by choosing the right service:

- **If you think you need A&E**, contact NHS 111 first at 111.nhs.uk or by calling 111.
- **If you need help from a GP practice**, contact your usual GP practice.
- **If you have a minor health concern**, consult a local pharmacist.

Your
health
matters

help us
help you