



Choose well

Right Treatment, Right Place, Right Time



Self-care



Grazed Knee
Cough or cold
Sore throat

Make sure your medicine cupboard is stocked up with over the counter remedies

NHS 111



Unsure
Unwell
Confused
Need to know where to go

When you need medical help fast but it's not a 999 emergency

Pharmacy



Diarrhoea
Runny Nose
Headache

For advice on common illnesses and medicines to treat them

Your GP and Out of Hours



Ear pain
Backache
Throat infection

If you have an illness or injury that won't go away make an appointment to see your GP. If it's outside your GP's opening hours, you can telephone your GP surgery to be directed to the local 'Out of Hours' service.

Minor Injuries Unit



Strains
Sprains
Stitches

For minor injuries

A&E and 999



Choking
Chest pain
Blackout
Blood loss

Life threatening situations and emergency

See your local community pharmacist to help you diagnose and treat your minor illnesses

Think PharmacyFirst

