

# Are you using the right service?

## SELF-CARE



What's in your medicine cabinet?

Visit NHS choices at [www.nhs.uk](http://www.nhs.uk)

Minor cuts and grazes, bruises or sprains, coughs and colds, diarrhoea and vomiting

## PHARMACY



Feeling unwell and unsure what medication is right

Need advice or help on medicines

To help you self-care

## NHS 111 (24/7)



Still unsure and want more advice then dial 111

It's urgent but not an emergency

NHS 111 is available 24 hours a day

## GP ADVICE



Self-care not working or persistent symptoms

Chronic pain

Long term conditions such as asthma or diabetes

## WALK IN CENTRE



Minor injury or illness

Symptoms not getting better and you cannot see your GP

## A&E or 999



Emergencies only

Severe bleeding  
Choking  
Breathing difficulties  
Chest pain  
Stroke