

# Injured or unwell? Use the right service



## Self-care

- Grazed knees
- Sore throat
- Coughs and colds

Visit [nhs.uk](https://www.nhs.uk) for self-care advice



## Pharmacy

- Headaches
- Upset stomach
- Aches and pains
- Bites and stings



## NHS 111

Visit [111.nhs.uk](https://www.111.nhs.uk) or call 111 for advice and support

24 hours a day  
7 days a week



## GP

Call your own GP practice, wherever you are staying, for symptoms that won't go away



## Minor Injury Unit

Urgent but not life-threatening

- sprains
- fractures
- burns

## 999

## A&E

- Unconscious
- Breathing difficulties
- Stroke
- Heart attack
- Heavy bleeding
- Severe burns



## Mental Health

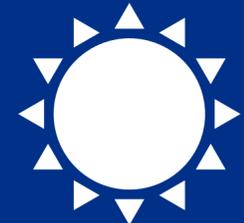
A range of mental health support services are available.

If someone is at immediate risk of harm, call 999



## Dentist

If you have dental pain and your dentist is closed, visit [111.nhs.uk](https://www.111.nhs.uk) or call NHS 111



## Holiday Health

Away from home?  
You can still:

- Call your own GP
- Visit a pharmacy
- Contact NHS111

