



Choose well & help the NHS this Summer



Self-Care at Home

Minor issues like grazes, coughs and sore throats.



Pharmacy

Advice & treatment for sunburn, tummy troubles, bites & stings.



NHS 111

Visit [111.NHS.uk](https://111.nhs.uk) or call 111 if you need medical advice quickly.
24/7



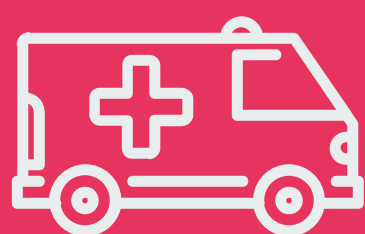
GP

For symptoms that won't go away.



Minor Injury Units

If it's urgent but not life-threatening, such as sprains, fractures & burns.



Call 999 or Visit A&E

For life-threatening emergencies like heart attacks or strokes. 24/7

