

Choose the right care this summer



Self care

Grazed knee
Hangover
Sore throat
Cough



NHS 111

Unwell?
Unsure?
Need help?
GP surgery closed?



Pharmacy

Diarrhoea
Hayfever
Painful cough
Runny nose



Your GP

Ear pain
Fever
Persistent vomiting
Unexplained pains



Urgent care centre or minor injury unit

Broken bones
Severe sunburn
Sprains
Strains



Emergency Department or 999

Chest pains
Heavy bleeding
Severe burns
Stroke



**Choose
well.**

Remember - The
Emergency Department or
999 is for emergencies only