

Choose the right service for your needs



Self care

Cough
Cold
Graze
Small cut
Sore throat



**NHS 111
online**

Unsure?
Confused?
Need help?
Anxious?



Pharmacy

Diarrhoea
Runny nose
Painful cough
Rashes
Earache



GP (Doctor)

Asthma
Arthritis
Back pain
Vomiting
Stomach ache



**Walk in
centres /
minor injury
units**

Cuts
Sprains
Bruises
Itchy rash
Minor burns

9 | 9 | 9

**ED
and 999**

Choking
Severe bleeding
Chest pain
Blacking out
Anaphylaxis