WHAT TO DO WHEN YOU'RE UNWELL

IS IT AN EMERGENCY?

Do you definitely need to be seen today?

IS IT LIFE-THREATENING?

Chest pains, choking, unconsciousness, severe loss or blood or other serious injury?

CALL 999

999 and Accident and Emergency are only for life-threatening emergencies

CALL NHS 111

Trained staff can advise on issues like fevers and infections and get you to the best service.

CAN YOU SELF-CARE?

Mild conditions like colds, hangovers and sore throats can normally be treated at home.

PHARMACIST OR NHS.UK

Advice, guidance and over-the-counter medicine could make you better.

IS YOUR GP OPEN?

Normal hours will be Monday to Friday, 8 am to 6 pm.

CONTACT YOUR GP

Online consultation, send a message or call. You will be directed to the best option for your need.

CALL NHS 111

Trained staff will find best option for you.

That might be an out of hours appointment.