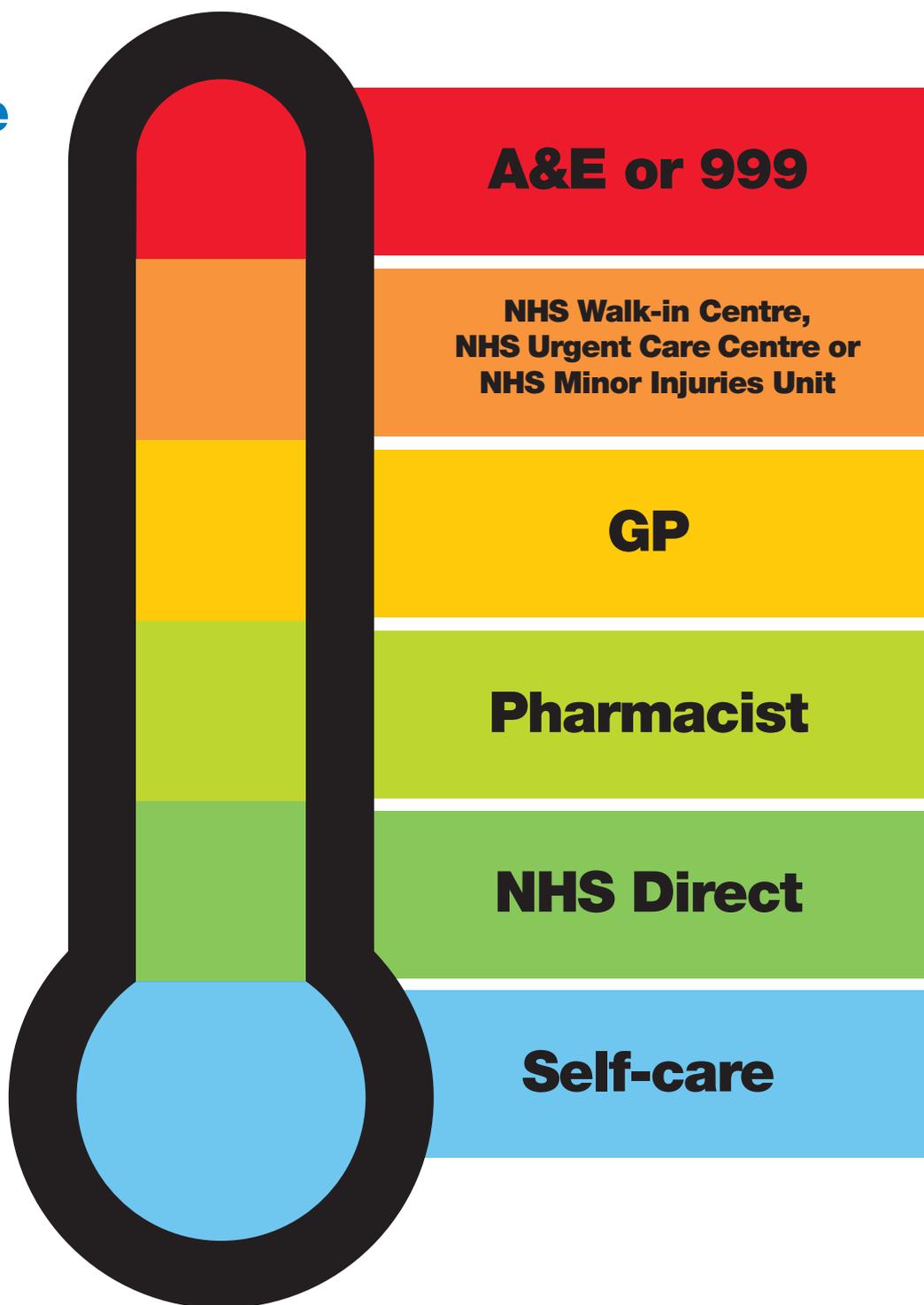


If you become unwell or are injured make sure you choose the right NHS service.



 **Choose well.**
www.nhs.uk

NHS
London



Choking. Chest pain. Blacking out. Blood loss.

For symptoms of serious illnesses, and major accidents, choose A&E or 999.

A&E and 999 are emergency services that should only be used when people are badly injured or show the symptoms of critical illness. Choosing well ensures that essential treatment is given, in the shortest possible time.



www.nhs.uk

NHS
London

Cuts. Strains. Itches. Sprains.

For slips, trips, skin complaints and everything in-between, choose an NHS Walk-in Centre, NHS Urgent Care Centre or NHS Minor Injuries Unit.

Use an **NHS Walk-in Centre**, **NHS Urgent Care Centre** or **NHS Minor Injuries Unit** to treat ailments that do not need a visit to A&E or a medical appointment. Choosing well ensures you receive the best possible treatment, leaving emergency services to those who need them most.



www.nhs.uk

NHS
London

Vomiting. Ear pain. Sore tummy. Back ache.

For complaints that don't get better within 24 to 48 hours choose a GP.

Make an appointment with your **GP** for medical advice on an illness or injury that just won't go away. Choosing well ensures that your ailment is dealt with effectively, and reduces the burden on essential emergency services.

People with long-term conditions such as asthma and diabetes, the very young, pregnant women and those aged over 65 should contact their GP immediately if their symptoms are serious.



www.nhs.uk

NHS
London

Diarrhoea. Runny nose. Painful cough. Headache.

For common colds, sickly stomachs and everything in-between, choose a pharmacist.

Your local **pharmacy** provides expert advice on common health problems and the best medicines to treat them. Choosing well ensures you get the treatment you need in the shortest possible time, and reduces the pressure on essential NHS services.

People with long-term conditions such as asthma and diabetes, the very young, pregnant women and those aged over 65 should contact their GP immediately if their symptoms are serious.



www.nhs.uk

NHS
London

Unwell? Unsure? Confused? Need help?

For absolutely any questions about health, choose NHS Direct.

Contact **NHS Direct** when you are ill or injured and unsure what to do next, or if you have any questions about conditions, treatments or local health services. Choosing well ensures you get expert advice in the shortest possible time, leaving busy NHS services to help those in most need.

0845 4647
www.nhs.uk



www.nhs.uk

NHS
London

Hangover. Grazed knee. Sore throat. Cough.

For wear and tear, minor trips and everything in-between, choose self-care.

Self-care is the best option when treating very minor ailments. Choosing well ensures you receive the rest and recovery you need, leaving busy NHS services to help those who need them most.

People with long-term conditions such as asthma and diabetes, the very young, pregnant women and those aged over 65 should contact their GP immediately if their symptoms are serious.

If you are concerned your symptoms are serious or they don't get better within 24 to 48 hours contact NHS Direct.

0845 4647 www.nhs.uk



www.nhs.uk

NHS
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