



**Choking.
Chest pain.
Blacking out.
Blood loss.**

A&E or 999
Emergencies only



**Cuts.
Strains.
Itches.
Sprains.**

**NHS Walk-in
Centres**



**Vomiting.
Ear pain.
Stomach ache.
Back ache.**

GP Surgery



**Diarrhoea.
Runny nose.
Painful cough.
Headache.**

Pharmacy



**Unwell?
Unsure?
Confused?
Need help?**

NHS 111



**Hangover.
Grazed knee.
Sore throat.
Cough.**

Self-care