



- coughs and colds
- sore throat
- indigestion
- diarrhoea or constipation
- aches and pains
- help when you run out of your repeat medicine

# Pharmacist (self care)



- vomiting
- ear pain
- sore belly
- backache

# GP Practitioner



- tooth pain
- swelling to your mouth
- painful or bleeding gums
- injury to your mouth
- advice on oral hygiene

# Dentist

**111**

When your GP and local pharmacy are closed, and you are too ill to wait for them to re-open, call 111

**NHS 24  
111**



- cuts and minor burns
- sprains and strains
- broken bones and fractures

# Minor Injuries Unit



- suspected heart attack or stroke
- breathing difficulties
- severe bleeding

**999 or A&E**

# Know Who To Turn To

For services near you visit: [www.knowwhototurto.org](http://www.knowwhototurto.org)

