

# Do you know which service to use?

Choosing the right care when you are unwell can help to reduce demand on NHS services.

If you start to feel unwell, remember to seek advice as soon as possible.

## Self care

- HANGOVER
- GRAZED KNEE
- COUGH
- SORE THROAT

Stock up with medicines at home so you are prepared in case symptoms develop. Remember to take and complete medications as prescribed.

## NHS 111

- NEED HELP FAST?
- NOT WELL?
- UNSURE?
- CALL NOW!

NHS 111 is available 24 hours, seven days a week, if you urgently need medical help or information but your situation is not life-threatening.

## Local pharmacy

- PAINFUL COUGH
- HEADACHE
- RUNNY NOSE
- DIARRHOEA

Your pharmacist can give you advice for many common minor illnesses. Lots of pharmacies are open until late and at weekends, and you don't need to make an appointment.

## GP surgery

- BACK PAIN
- STOMACH ACHE
- EAR PAIN
- VOMITING

If you have an illness that won't go away, make an appointment with your GP practice. If you think you need to see a GP when your surgery is closed, call NHS 111.

## Urgent care centres

- ALLERGIC REACTIONS
- STRAINS
- SPRAINS
- CUTS

If you need urgent care for a minor injury or illness, there are urgent care centres available at Royal Preston Hospital or Chorley and South Ribble Hospital, 24 hours a day, seven days a week.

## A&E or 999

- CHEST PAIN
- CHOKING
- BLOOD LOSS
- BLACKING OUT

999 and emergency departments are for patients with serious, life threatening injuries and illnesses. Emergency departments can be found at Royal Preston Hospital (24 hours a day, seven days a week) and Chorley and South Ribble Hospital (8am - 8pm, seven days a week).