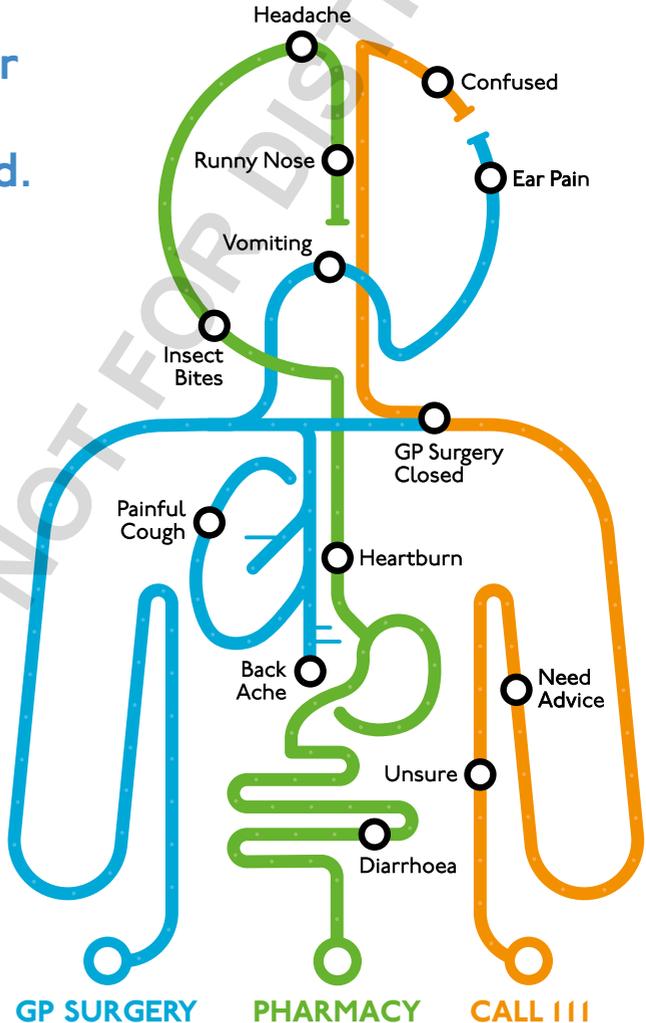


Take the fast track to the right care

Shortcut your way to the care you need.

Advice and care is available much nearer to home than you might realise. Make a stop at the right service to make sure you get the help and treatment you need.





Not sure what direction to take?

For health advice and help in a matter of minutes, call NHS 111.

NHS 111 has a team of trained staff, including nurses, available 24 hours a day, 7 days a week, 365 days a year.

You can call NHS 111 if you:

- are unsure of what service you need
- are unsure how to treat an illness
- need fast advice or help for a non-life threatening condition

You will be given expert advice and be advised where to go, giving you the direction you need. Plan your route to the right care. **Call 111.**



Make a stop at your pharmacy for health advice and treatment – without an appointment.

Speak to your pharmacist for help with:

- coughs, colds and flu
- allergies and hayfever
- aches and pains
- infections
- minor cuts and bruises
- insect bites and stings
- Some pharmacies can even give you advice and treatment for:
 - Giving up smoking
 - Weight management
 - Flu vaccinations
 - Chlamydia testing

Visit your nearest pharmacy to learn more about what they can treat, or visit www.nhs.uk.



Need help but your GP surgery is closed?

Your GP can help you with a range of health problems including minor injuries, stopping smoking and mental and emotional wellbeing.

If you need help or advice when your doctor's surgery is closed, you can still call **NHS 111** and fast-track your way to the right care.

They are available 24 hours a day, 7 days a week, 365 days a year.