



You can be prepared for common illnesses by keeping a well-stocked medicine cabinet at home.



You can call NHS 111 if you need medical help or advice but it's not a life-threatening situation, or if you're not sure which service you need.



Ask your local pharmacist for advice for many common minor illnesses, such as diarrhoea, minor infections, headache or sore throats.



Make an appointment with your GP if you're feeling unwell and it's not an emergency.



Visit the Urgent Care Centre if you have a minor illness or injury (cuts, sprains or rashes) and it can't wait until your GP surgery is open.



Call 999 if you or someone else is seriously ill or hurt and their life is in danger.