

**Choose
NHS 111
first**



Call 111



Visit 111.nhs.uk

Need help but it's not an emergency?

Before you travel to any healthcare service, contact NHS 111 who will:

- Get you referred to the best service to look after you. This may be at:
 - A local GP practice or pharmacy, Urgent Treatment Centre, mental health service, specialist service or for very serious conditions only, an emergency department.
- Arrange appointments to reduce your waiting time.
- Connect you to urgent care services when needed.
- Provide advice 24 hours a day, seven days a week.

If you are experiencing life threatening symptoms, including severe centralised chest pains, or symptoms of a stroke, please call 999.

Choose Pharmacy First



Call 111



Visit 111.nhs.uk



Visit a pharmacy

Need help for a minor health concern?

NHS Pharmacy First allows you to get quick access to healthcare advice and treatment in a local pharmacy. A qualified, expert pharmacist can help with:

- Sore throats (ages 5+)
- Colds or flu
- Earache in children and teenagers
- Sinusitis (aged 12+)
- Rashes, shingles (aged 18+) and impetigo (ages 1+)
- Urinary tract infections (for women aged 16 to 64)
- Infected insect bites (aged 1+)

If you are not within these ages ranges, a pharmacist can still offer advice and support. You can access this service by visiting your local pharmacy or contact NHS 111.