

Self Care

NHS



When unwell....

NHS choices
www.nhs.uk

Visit NHS Choices for all your health advice. This NHS website provides very useful information and advice on all aspects of health.

 **Patient.co.uk**

Trusted medical information and support
Patient.co.uk is one of the most trusted medical resources online, supplying evidence based information on a wide range of medical and health topics to patients and health professionals.

Self Care

Hangover
Grazed knee
Sore throat
Cough

See NHS choices for advice
www.nhs.uk.

Pharmacist

Diarrhoea
Minor infections
Headache
Bites and stings

Your local pharmacist can help with lots of everyday ailments and offers good advice.

GP Surgery

Feverish Children
Vomiting
Ear pain
Feeling ill

For infections and persistent symptoms or if your child has a high temperature choose your Doctor.

NHS 111

Unwell, unsure, confused?
Need help fast?



GP Services Out of Hours

Urgently need a GP during the evening or at the weekend.



Accident and Emergency (A&E) or 999

Choking
Chest Pain
Suspected stroke
Blacking out
Bleeding you can't stop
Struggling to breathe

Visit A&E at Frimley Park Hospital or call 999 for an ambulance.

Choose Well
Get the right treatment for your symptoms.