

SELF CARE



Hangover, grazed knee, sore throat, coughs and colds.

PHARMACIST



Coughs and colds, indigestion, constipation, aches and pains.

DENTIST



For regular check ups, planned routine treatment and emergency care.

COMMUNITY OPTICIAN



For eye problems such as blurred vision, difficulty seeing or any discomfort.

GP



For conditions such as vomiting, ear pain, sore belly and back ache.

OUT OF HOURS

111



Too ill to wait until your GP Surgery is open?

MINOR INJURIES



Cuts and minor burns. Sprains. Not sure if you have a broken bone?

A&E / 999



Suspected stroke or heart attack, serious illness or injury.