







The table below shows you the health services you can access for everything from a grazed knee and diarrhoea to a sprained ankle and chest pain.

<p>Self-care</p> 	<p>Grazed Knee Cough or cold Sore throat</p>	<p>Make sure your medicine cupboard is stocked up with over the counter remedies</p>
<p>NHS 111</p> 	<p>Unsure Unwell Confused Need to know where to go</p>	<p>When you need medical help fast but it's not a 999 emergency</p>
<p>Pharmacy</p> 	<p>Diarrhoea Runny Nose Headache</p>	<p>For advice on common illnesses and medicines to treat them</p>
<p>Your GP and Out of Hours</p> 	<p>Ear pain Backache Throat infection</p>	<p>If you have an illness or injury that won't go away make an appointment to see your GP. If it's outside your GP's opening hours, you can telephone your GP surgery to be directed to the local 'Out of Hours' service.</p>
<p>Minor Injuries Unit</p> 	<p>Strains Sprains Stitches</p>	<p>For minor injuries</p>
<p>A&E and 999</p> 	<p>Choking Chest pain Blackout Blood loss</p>	<p>Life threatening situations and emergency</p>

