



**Choking.  
Chest pain.  
Blacking out.  
Blood loss.**

**A&E or 999**  
Emergencies only



**Cuts.  
Strains.  
Itches.  
Sprains.**

**NHS Walk-in  
Centres**



**Vomiting.  
Ear pain.  
Stomach ache.  
Back ache.**

**GP Surgery**



**Diarrhoea.  
Runny nose.  
Painful cough.  
Headache.**

**Pharmacy**



**Unwell?  
Unsure?  
Confused?  
Need help?**

**NHS Direct**



**Hangover.  
Grazed knee.  
Sore throat.  
Cough.**

**Self-care**