



National Ambulance Service (NAS)

If you or your family feel unwell and need some care, consider all the options. Only call 112 or 999 in cases of real emergency but do call us if you need us.



Self care

Colds
Sore throats
Hangovers

Take care of minor ailments at home with a first aid kit and a well-stocked medicine cabinet.



Pharmacy

Headaches
Tummy aches
Coughs

Ask your local pharmacist for advice on common minor illnesses.



GP Surgery

Feeling ill
Back pains
Ear aches

Make an appointment with your GP if you're feeling unwell and it is not an emergency.



Local Injury Unit

Minor injuries
Broken bones
Burns

Get treatment for minor injuries, broken bones, dislocations and burns.



Out of Hours GP

GP Service
outside normal
clinic hours

If you urgently need to see a GP outside of normal hours, contact your local GP out-of-hours service.



ED or 999/112

Choking
Chest pains
Breathing problems

Visit an ED or call 999 or 112 if someone is seriously ill or injured and their life is at risk.

When care is needed, consider all the options.

