

Feeling unwell? Choose the right service

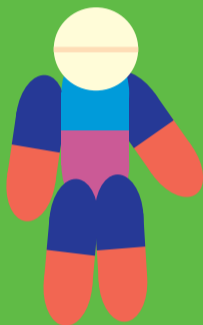
Self care



Self care

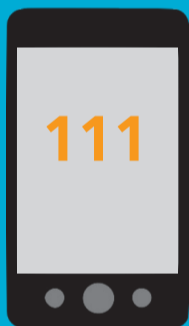
Headache, sore throat, cold, diarrhoea and vomiting.

www.nhs.uk



Pharmacy

Advice and medicines to help you self-care.



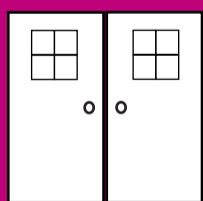
NHS 111 (24/7)

Still unsure, want more help - or it's urgent but not an emergency.



GP practice

Self care not working or long term conditions like asthma, diabetes.



Minor Injuries Unit, Cromer
Walk-in Centre, Norwich



999/A&E

Severe bleeding, breathing problem, chest pain, stroke.

Need some help

Emergency