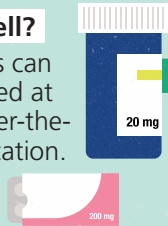


Your route to urgent help

Feeling unwell?

Minor illnesses can often be treated at home with over-the-counter medication.



Need treatments?

Pharmacists are medical experts who can offer advice as well as medication.



Your surgery first!

Your GP surgery should usually be the first place you contact for all medical questions. You can also book out-of-hours GP appointments online or on the phone.



Contact 111

NHS 111 online provides help with a range of medical issues. They can connect you to an appropriate health professional for advice. They may also direct you to GPs, pharmacies, emergency dental services or other local services. If you can't go online call 111.

Dial 999

You should only call for an ambulance if you have a life-threatening medical emergency, or have a severe injury.



For more information on urgent care visit northeastlondon.icb.nhs.uk/urgentcare

