

## Be prepared

Treat aches, pains, coughs and colds at home.

Stock up your medicine cabinet including pain killers, antihistamines, anti-diarrhoea and indigestion medicine. Order repeat prescriptions in plenty of time.

Keep all medication, plasters, bandages and thermometers away from children.



## Minor illness and injuries

For treatment of burns, cuts, sprains, wounds or infections, without an appointment, visit your nearest urgent care service.

Call NHS111, which may lead to an appointment if it is necessary.



# Helping you choose the right health service in Lincolnshire

## Pharmacy

Pharmacies offer advice about healthy lifestyles, and treatment for allergies, constipation, thrush, cold and flu symptoms, earache, and fever.

A visit to the pharmacy could save you a trip to the GP. You can find your nearest pharmacy using the ASAP Lincs app or website, alternatively go to: [www.nhs.uk/service-search](http://www.nhs.uk/service-search)



## NHS111

Need health advice? Unsure which health service you need?

Call NHS111, which is available 24 hours, seven days a week. Calls are free from mobiles and landlines.

NHS111 is also available online at [111.nhs.uk](http://111.nhs.uk)

Typetalk number is 18001 111



## GP

If symptoms don't improve, or they get worse, call or visit your GP practice to access a healthcare professional for treatment or referrals.

GP appointments are also now available during the evenings and at the weekend. To book an appointment, contact your practice.



## A&E or 999

For critical and life-threatening situations including acute fits, loss of consciousness, heavy blood loss and severe chest pain visit your nearest A&E or call 999.

A&E is Accident and Emergency, not Anything and Everything

