



# Do you know which service to use?

Choosing the right care when you are unwell can help to reduce demand on NHS services.

If you start to feel unwell, remember to seek advice as soon as possible.

NHS 111 is available 24 hours a day, seven days a week for advice on the most appropriate treatment or service for your need.

For more information on choosing the right service for your need visit:

[www.chorleysouthribbleccg.nhs.uk](http://www.chorleysouthribbleccg.nhs.uk)  
or [www.greaterprestonccg.nhs.uk](http://www.greaterprestonccg.nhs.uk)



## Self care

HANGOVER  
GRAZED KNEE  
COUGH  
SORE THROAT

Stock up with medicines at home so you are prepared in case symptoms develop. Remember to take and complete medications as prescribed.

## NHS 111

NEED HELP FAST?  
NOT WELL?  
UNSURE?  
CALL NOW!

NHS 111 is available 24 hours, seven days a week, if you urgently need medical help or information but your situation is not life-threatening.

## Local pharmacy

DIARRHOEA  
RUNNY NOSE  
PAINFUL COUGH  
HEADACHE

Your pharmacist can give you advice for many common minor illnesses. Lots of pharmacies are open until late and at weekends, and you don't need to make an appointment.

## GP surgery

BACK PAIN  
STOMACH ACHE  
EAR PAIN  
VOMITING

If you have an illness that won't go away, make an appointment with your GP practice. If you think you need to see a GP when your surgery is closed, call NHS 111.

## Urgent care centres

STRAINS  
CUTS  
SPRAINS  
ALLERGIC REACTIONS

If you need urgent care for a minor injury or illness, there are urgent care centres available at Royal Preston Hospital or Chorley and South Ribble Hospital, 24 hours a day, seven days a week.

## 999 or emergency departments

CHEST PAIN  
CHOKING  
BLOOD LOSS  
BLACKING OUT

999 and emergency departments are for patients with serious, life threatening injuries and illnesses. Emergency departments can be found at Royal Preston Hospital (24 hours a day, seven days a week) and Chorley and South Ribble Hospital (8am - 8pm, seven days a week).



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