



Think you or your child need urgent medical help?

When you call NHS 111, our fully trained advisers will assess your needs and can connect you to the right healthcare professional. They can arrange a call back or face-to-face appointment with a GP or nurse if you need one.

NHS 111 can also give you self-care advice and guidance on any medication you are prescribed.

Call NHS 111 for free at any time or go online to www.111.nhs.uk



111.nhs.uk

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If your child starts feeling unwell this winter, talk to a pharmacist.



Pharmacists can help with much more than prescriptions. They are experts in medicines and can give non-urgent medical advice for you and your family.

Many pharmacies are open late and on weekends. They also have a consultation room if you'd prefer to speak in private.

If you are worried about your child and need urgent health advice, please call NHS 111 free at any time.



www.healthierfuture.org.uk/winterhealth