

Unwell? Choose Well



Your **pharmacist, GP** or **NHS 111** can help you get treatment quickly

A&E is for life threatening emergencies only



for illnesses like
coughs
and colds -
**see your
pharmacist**



unsure where
to go or need
advice? -
call 111

for illnesses like
headaches, sore
throats and
stomach aches -
Self-care



for illnesses that
won't go away -
see your GP



Help your NHS save lives

www.choosewellcambs.nhs.uk



NHS

Cambridgeshire and Peterborough
Clinical Commissioning Group