

# Get the right care, in the right place, at the right time!



## Emergency Department or 999

These services should be used in an emergency, a critical or life-threatening situation.

**Heavy bleeding, chest pain, stroke or serious injury?**



## Minor injury unit / urgent care centre

Offers access to a range of treatment for minor illnesses and injuries, including broken limbs.

**Deep cuts, sprains, strains, burns or broken limbs?**



## GP

For expert medical advice, medical examinations and prescriptions for illnesses.

**Fever, ear pain, unexplained pains or feeling ill?**



## Pharmacy

Provides local confidential, expert advice and treatment for a range of common illnesses.

**Runny nose, bites, stings, headache or minor infection?**



## NHS 111

Call NHS 111 free if you need medical advice, but it is not a 999 emergency.

**Unwell, unsure, confused or need advice?**



## Self care

A range of common illnesses can be treated with a well stocked medicine cabinet or plenty of rest.

**Upset stomach, hangover, grazed knee or sore throat?**



Find out more:  
[www.kernowccg.nhs.uk/choosewell](http://www.kernowccg.nhs.uk/choosewell)

