



Plan ahead when possible.



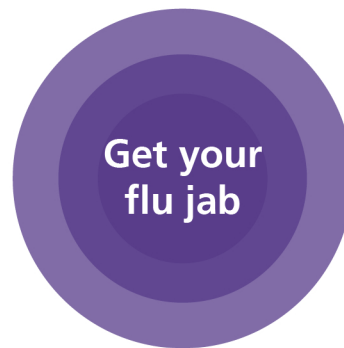
Don't wait until you feel worse.

They can help decide whether you need to see another health professional.

If you have an urgent medical problem.



If you need urgent medical attention.



Stay well.



If you have a life-threatening emergency.

**HELP US
HELP YOU**

BEFORE IT GETS WORSE

If you're not sure what to do,
Call NHS 111

For more information, visit www.111.nhs.uk