

# Feeling unwell? Choose the right service

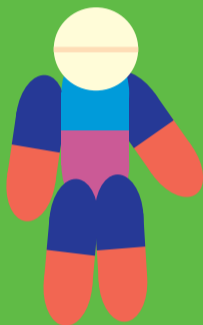
Self care



## Self care

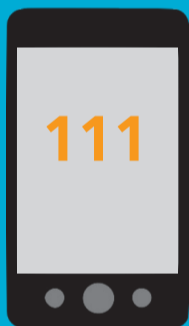
Headache, sore throat, cold, diarrhoea and vomiting.

[www.nhs.uk](http://www.nhs.uk)



## Pharmacy

Advice and medicines to help you self-care.



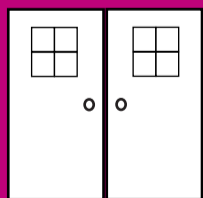
## NHS 111 (24/7)

Still unsure, want more help - or it's urgent but not an emergency.



## GP practice

Self care not working or long term conditions like asthma, diabetes.



## Walk-in Centre

Rouen Road, Norwich,  
7 days a week.

For minor illness/injury.



## 999/A&E

Severe bleeding,  
breathing problem,  
chest pain, stroke.

Need some help

Emergency