



# Know where to go when feeling unwell


Remember - if you, anyone you live with or members of your support bubble have any of the following symptoms:

-  **A high temperature - that is above 37.8 °C**
-  **A new continuous cough**
-   **Loss of taste or smell**

**You MUST NOT leave your home** other than to get tested. Stay self-isolating until you get your result.

If someone you live with or someone in your support bubble tests positive or if you have been contacted by track and trace you can't break isolation with a negative test, you need to keep self-isolating for the full 14 days as you could get symptoms within the 14 day period after being tested negative. You can find out how to get a test by visiting the NHS website: [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus) If you are worried about a child, use the Healthier Together website: [what0-18.nhs.uk](http://what0-18.nhs.uk)

<div style="text-align: center;"></div> <p><b>Care at home</b></p> <p>Be prepared to care for yourself with a well-stocked medicine cabinet and plenty of rest</p> <ul style="list-style-type: none"> <li>upset tummy</li> <li>pain or headache</li> <li>sore throat (but if for two weeks or more contact your GP)</li> </ul> <p>For health advice, visit <a href="http://www.nhs.uk">www.nhs.uk</a></p>	<div style="text-align: center;"></div> <p><b>Pharmacist</b></p> <p>Ask for advice on ailments, medicines and healthier living</p> <ul style="list-style-type: none"> <li>queries about medication dosage, type or suitability plus urgent requests or if related to hospital discharge</li> <li>repeat prescription</li> <li>sore eyes (but if persists go to optician)</li> <li>runny nose</li> <li>diarrhoea</li> <li>bite or sting</li> </ul>	<div style="text-align: center;"></div> <p><b>Visit 111.nhs.uk or call NHS 111</b></p> <p>When the situation is not life threatening</p> <ul style="list-style-type: none"> <li>if you think you need to go to hospital</li> <li>if you don't know the most suitable place to go or call</li> <li>if you don't have a GP to call or if your GP practice is closed</li> <li>if you need advice or reassurance about what to do</li> </ul> <p>Available 24 hours a day, every day</p>	<div style="text-align: center;"></div> <p><b>GP surgery</b></p> <p>Visit your GP surgery website and click on eConsult to</p> <ul style="list-style-type: none"> <li>tell a GP about an illness or injury won't go away</li> <li>order a repeat prescription such as for back ache, the pill, etc</li> <li>report urgent skin problem such as a rash that is spreading</li> <li>ear pain</li> <li>back ache</li> </ul> <p>If you do not have access to the internet, you can continue to phone your surgery</p>	<div style="text-align: center;"></div> <p><b>Emergency department</b></p> <p>Only for very serious or life-threatening situations</p> <p>If you are unsure, call <b>NHS 111</b> or go on-line at <a href="http://111.nhs.uk">111.nhs.uk</a></p>
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 **For urgent help for your mental health**, use the [NHS 111 online service](http://NHS 111 online service), or call 111 if you are unable to get help online. If you've injured yourself, taken an overdose or are in an emergency and believe that your life is at risk, please dial 999. [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters) provides NHS-approved expert advice and practical tips to help you look after your mental health and wellbeing. You can also text **Shout 85258**. Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

