

This is a perfect space for a fridge magnet!

#StayWellBSW

# STAY WELL NHS

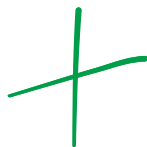
## FAMILY PLANNER



Our plan of action if someone is unwell or injured



Self Care - Treat an upset stomach or cuts and grazes at home.



Think pharmacy first - Community pharmacies can offer treatment and some prescription medicine.



NHS 111 - Use NHS 111 for urgent medical advice, 24/7.



Use Urgent Treatment Centres or Minor Injury Units for injuries that are urgent but not life-threatening.

[bswtogether.org.uk/yourhealth](https://bswtogether.org.uk/yourhealth)

### Important Contacts

Our local pharmacy contact number is:

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Our GP Surgery contact number is:

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Our nearest Minor Injury Unit is:

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Our nearest Urgent Treatment Centre is:

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Our nearest A&E is:

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For urgent medical advice visit [111.nhs.uk](https://111.nhs.uk) to get directed to the right place.

