

Get the right NHS treatment.

Get convenient, expert, confidential advice and treatment for a wide range of common complaints such as coughs, colds, sore throats and earaches from your high street pharmacy without having to wait for a GP appointment.

Accident and Emergency (A&E) should only be used for life-threatening and emergency conditions.

- Simply text 'pharmacy' to 64746 and receive three free texts with details of your nearest pharmacy
- Or call NHS Direct on 0845 46 47
- Or visit www.leicestercity.nhs.uk/choosewell
- Or visit www.lcr.nhs.uk/unwell.

Self-care

NHS Direct

Pharmacy

GP

NHS Walk-In Centre

A&E or 999

