

# Away from home and need medical care?

**Get the right care by choosing the right service:**

- **If you think you need A&E**, contact NHS 111 first at [111.nhs.uk](https://111.nhs.uk) or by calling 111.
- **If you need help from a GP practice**, contact your usual GP practice.
- **If you have a minor health concern**, consult a local pharmacist.

Your  
health  
matters

**help us  
help you**