

Going on holiday in England?

Before you go:

- Remember to pre-order sufficient quantities of your prescription medication to last you on your trip.
- Make sure you've got the contact details of your usual GP practice with you.

If you need medical care while you're away, choose the right service:

- If you think you need A&E, contact NHS 111 first at 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 condition, consult a local pharmacist.

Your
health
matters

help us
help you