

How to Choose Well

Self-care

Get your **flu jab**.*

Remember to get your **repeat prescriptions** in good time before the holidays.

Make sure your **medicine cabinet items are in-date**.

Keep warm and eat healthily.

Minor Injury Units

If your injury is not an emergency you **can get help from an MIU** instead of going to A&E.

Call 111

Call 111 free for advice or to contact a GP out-of-hours.

Pharmacy

Make good use of pharmacies. They can help with expert health advice on minor ailments with no need for an appointment.

GP

Phone your GP surgery **early in the day** to get an early response or if you need advice.

Walk-in Centres

If your GP surgery is closed, **Walk-in Centres can provide treatment** without an appointment and are open later and at weekends.



*Those eligible for a free jab are people who are at more risk of serious complications from flu. These are: children and adults under 65 with long term conditions, the over 65s, children aged two to four, carers and pregnant women.



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