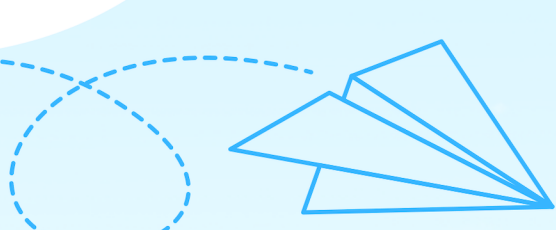


HOW TO ACCESS HEALTH SERVICES when you're away from home



Forgotten your medication ... Contact your usual GP surgery online or by phone, and they'll send your prescription to a nominated pharmacy in this area.



Download the NHS App to your smartphone to get trusted NHS information and self-care advice. You can even order repeat prescriptions.



If you need help or advice for an urgent medical condition that isn't life threatening, contact **NHS 111** online, via the NHS App, or call 111.



A local pharmacy can give you expert advice and over-the-counter medication for lots of minor health conditions. Find your nearest pharmacy at www.nhs.uk/find-a-pharmacy

Dial 999 immediately if it's a health emergency like a suspected heart attack, stroke, breathing problems, severe blood loss or loss of consciousness.

Enjoy your stay ... your NHS is here if you need us