**Social media messages grid: Autumn 2022**

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| If you're on holiday and have forgotten your medication, contact your GP surgery and they can arrange for your prescription to be sent to a pharmacy near you: [www.nhs.uk/find-a-pharmacy](http://www.nhs.uk/find-a-pharmacy)  Find out more about accessing health services on holiday at <https://tinyurl.com/yjzfm6au> | A picture containing text, outdoor, ground, sign  Description automatically generated |
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| When you're in unfamiliar surroundings and you become unwell, contact NHS 111 online, via the NHS App, or call 111 and they can help you get the help you need: [www.nhs.uk/111](http://www.nhs.uk/111)  Find out more about accessing health services when you're away from home: <https://tinyurl.com/yjzfm6au> | Diagram  Description automatically generated |
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| Add the NHS App to your holiday essentials list. It's a great companion to have with you, should you need to access health advice and services: [www.nhs.uk/nhs-app/](http://www.nhs.uk/nhs-app/)  Find out more about accessing health services when you're away from home at <https://tinyurl.com/yjzfm6au> | A person and person holding a lion  Description automatically generated with low confidence |
| Add the NHS App to your holiday essentials list. It's a great companion to have with you, should you need to access health advice and services: [www.nhs.uk/nhs-app/](http://www.nhs.uk/nhs-app/)  Find out more about accessing health services when you're away from home at <https://tinyurl.com/yjzfm6au> | A picture containing text, grass, screenshot  Description automatically generated |
| NHS 111 – online, through the NHS App or over the phone – is the place to go if you become seriously unwell during your holiday. In a life and limb emergency always call 999.  Find out more about accessing health services when you're away from home at <https://tinyurl.com/yjzfm6au> | A picture containing text, water, outdoor, water sport  Description automatically generated |
| NHS 111 – online, through the NHS App or over the phone – is the place to go if you become seriously unwell during your holiday. In a life and limb emergency always call 999.  Find out more about accessing health services when you're away from home at <https://tinyurl.com/yjzfm6au> | Text  Description automatically generated |
| Pharmacy teams are experts in self-care and minor illness. If you're in unfamiliar surroundings you can find your closest pharmacy on the NHS website: [www.nhs.uk/find-a-pharmacy](http://www.nhs.uk/find-a-pharmacy)  Find out more about accessing health services when you're away from home: <https://tinyurl.com/yjzfm6au> | A bus parked on the side of a road  Description automatically generated with medium confidence |
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| If you're on holiday and it's a health emergency, don't hesitate to call 999.  Find out more about accessing health services when you're away from home at <https://tinyurl.com/yjzfm6au> | Diagram  Description automatically generated |
| If you're on holiday and it's a health emergency, don't hesitate to call 999.  Find out more about accessing health services when you're away from home at <https://tinyurl.com/yjzfm6au> | A picture containing text  Description automatically generated |