

# Are you or a family member feeling unwell?



Get help as early as possible from your local pharmacist or NHS Direct Wales

 **Self-care**  
Taking care of yourself.

Treat yourself for coughs, sore throats or a runny nose.  
Stock up on cold and flu remedies.  
Get your flu vaccination.

 **Local NHS Services**  
Including:

- Pharmacies
- Minor Injuries Unit
- GPs
- Health visitors
- Midwives
- Dentists

**Pharmacies**

- Diarrhoea
- Upset stomach
- Headache
- Runny nose

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**GPs or Out of Hours Services**

- Persistent vomiting
- Ear pain
- Painful cough
- Symptoms that won't go away

 **A&E**  
For serious illness or injury.  
Call **999** for life-threatening conditions that need immediate medical attention.

- Choking
- Severe chest pain
- Blacking out
- Major blood loss
- Serious injury
- Suspected stroke

To find your nearest pharmacist or most appropriate service:

Call **111**

[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)

