

**This practice will be closed on the following dates
due to training and educational sessions for all
practice staff:**

Thursday 4th October 2018
12.30pm-6.30pm

Tuesday 5th March 2019
12.30pm-6.30pm



Grazed knee.
Sore throat.
Cough.
Stock your
medicine cabinet.

Self-care


If you feel unwell during this time there are lots of places where you can get help.



Unwell?
Unsure?
GP surgery closed?
Need help?

NHS 111


Call NHS111 for urgent medical advice.



Diarrhoea.
Runny nose.
Painful cough.
Headache.

Pharmacy

Your **local pharmacist** can help with many minor ailments, such as coughs and colds.



Choking.
Chest pain.
Blacking out.
Blood loss.

A&E or 999
Emergencies only

Calling 999 or going to A&E should be reserved for life threatening emergencies, such as severe chest pain or blood loss.

This training event is organised by
North Hampshire Clinical Commissioning Group
We apologise for any inconvenience caused.