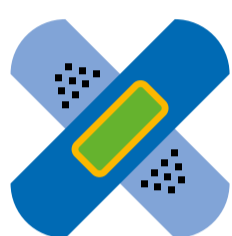


WHERE TO GET HELP WHEN YOUR GP PRACTICE IS CLOSED THIS CHRISTMAS DAY, BOXING DAY AND NEW YEAR'S DAY



Self Care... how you can look after yourself

Make sure you stock up your medicine cabinet with essentials like pain relief and cough and cold remedies.



Call NHS 111 or visit 111.nhs.uk for urgent health advice or treatment

It is free to call and available 24 hours a day, 7 days a week.

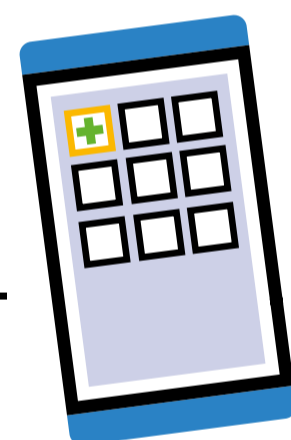


Pharmacy Advice and over the counter treatment without the need for an appointment.

A number of pharmacies will be open for limited hours, on a rota, on festive bank holidays. To find your local pharmacy or for opening times visit www.nhs.uk

NHS APP

Book GP appointments
check symptoms and
book repeat prescriptions.
(Download from the App
Store and Google Play.)



For more information on local health care services visit:
www.shropshireccg.nhs.uk
www.telfordccg.nhs.uk

Repeat prescriptions

Remember to plan ahead and order any repeat prescriptions from your GP before the Christmas and New Year period.

