

Six things we can all do to help each other



1

Health and care services are **here to help.**

Save time by seeking medical advice and booking appointments online visit the **NHS App** or your **GP practice website.**

2

If something's not right but you know it's not life-threatening and you can't get to your GP practice, or the pharmacy is closed, visit 111.nhs.uk or call **NHS 111** for advice if you don't have access to the internet.

3

Use 111.nhs.uk if it's not an emergency and you need health advice quickly. The friendly team at **NHS 111** will be able to help you get the care you need.

4

Get boosted by having your flu and COVID-19 vaccines when offered. If you are pregnant or have a long-term medical condition, get your free jabs as soon as possible.

5

Stay well and protect yourselves and others around you. Find self-care tips and local services information at togetherwe-can.com. Visit wyhealthiertogether.nhs.uk for trustworthy healthcare advice for parents and carers.

6

Continue to be kind to our staff and each other. Please **look out for your neighbours** who may live alone or be lonely.

