

Feeling under the weather?

Choose well for expert health advice

If you're feeling unwell, you can get expert help online at www.nhsdirect.nhs.uk or call **0845 46 47** and talk to a health advisor. At your local **pharmacy** you'll find a fully trained health professional who'll provide quality healthcare advice instantly and locally. Your local **NHS walk-in centre** and minor injuries unit can be found at www.nhs.uk and offer fast and convenient access to healthcare advice and treatment for minor injuries and illnesses. If you think you could have swine flu contact the National Pandemic Flu Service at www.direct.gov.uk/pandemicflu or call **0800 1 513 513**

Go to the right place

