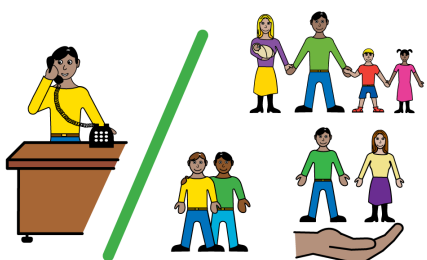


# What to do if you are poorly or worried



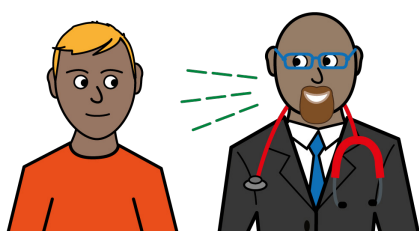
Please tell someone if you are poorly or worried.



You can talk to family members and carers.



You can call your doctor.



The doctor will tell you what to do.



You can call 111 if your Doctor's surgery is closed.



You can call 999 in an emergency.



You can go to hospital if you need to.



The medical staff will keep you safe.

Your **NHS** is still here for you when you need us