

GIVE YOUR
NHS + HAND
THIS WINTER



Look after yourself this winter

Know where to get help for illnesses and minor injuries

- **Call NHS 111 or visit 111.nhs.uk**
- **Visit your local pharmacy or minor injuries unit**
- **Only go to A&E for life-threatening emergencies**

winterwellnorfolkwaveney.co.uk

PROTECT YOURSELF. PROTECT LOVED ONES. PROTECT EVERYONE.

