

**You wouldn't
call the
coastguard
if you fell in
a puddle...**



Ambulances are for emergencies.

These include:

- Cardiac arrest
- Chest pain
- Unconscious
- Stroke
- Severe bleeding

Not an emergency?

Get advice by:

- Telephoning NHS number 111
- Contacting your GP or pharmacist
- Going to an Urgent Care Centre
- Visiting www.nhs.uk