

# WE ARE HERE FOR YOU WITH MEASURES IN PLACE TO PROTECT YOU AND OUR STAFF FROM CORONAVIRUS.

## IF YOU NEED HELP FROM THIS GP PRACTICE

- Contact us online or by phone first
- You will be assessed by a member of the healthcare team and appropriate care will be arranged
- Face-to-face appointments are available wherever there is a clinical need
- If you do need to enter the building, please wear a face covering and follow social distancing
- Download the NHS App to order repeat prescriptions and get health advice. [nhs.uk/nhsapp](https://nhs.uk/nhsapp)

If you need urgent medical help or it's  
out of hours, call 111 or go online [111.nhs.uk](https://111.nhs.uk)

Your  
health  
matters

help us  
help you

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# Click and easy

## GP online services

You can now book appointments, order repeat prescriptions and even access your GP records online. It's quick, easy and your information is secure.

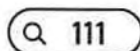
Register for online services at your GP surgery or to find out more visit [nhs.uk/GPonlineservices](https://nhs.uk/GPonlineservices)





## JUST THINK 111 FIRST

When you think you need A&E,  
contact NHS 111 by phone or online.







**“IT’S JUST A  
BIT OF BLOOD”**

## **JUST SPEAK TO YOUR GP**

Unexpected bleeding, like blood in your poo or pee, could be a sign of cancer. It’s probably nothing serious, but finding cancer early makes it more treatable.

Your NHS is here to see you, safely.

**Clear on  
cancer**

**help us  
help you**

# **CORONAVIRUS** **GOT SYMPTOMS OR A POSITIVE TEST RESULT?**

If you have been told to self-isolate, have received a positive test result in the last 10 days, or if you or anyone in your household has recent onset of any of the following symptoms:

- a high temperature;
- a loss of, or change in normal sense of smell or taste (anosmia); or
- a new and continuous cough – even if it's mild.

 **DO NOT ENTER THIS BUILDING**

Head straight home and avoid public transport if possible.

Once home, order a free PCR test and follow the advice at [nhs.uk/coronavirus](https://nhs.uk/coronavirus), or call 119 if you can't get online.

If you're worried about your symptoms, or you're not sure what to do, get help from NHS 111 at [111.nhs.uk](https://111.nhs.uk), only call 111 if you can't get help online.



## Twitter and Facebook words and images

The words and images below can be adopted / adapted for your Twitter or Facebook accounts



Contact your GP practice online or by phone to be assessed and receive help. A face-to-face appointment will be arranged if appropriate. Do not visit your GP if you have coronavirus symptoms or are self-isolating. Follow the advice at [nhs.uk](https://www.nhs.uk). #HelpUsHelpYou



Contact your GP practice online or by phone to be assessed and receive help. If a face-to-face appointment is clinically necessary, this will be arranged. Measures will be in place to minimise the risk of coronavirus. #HelpUsHelpYou



Download the NHSApp from your usual app store to request repeat prescriptions online  
#HelpUsHelpYou



If you or a family member is unwell in the night contact NHS111 on [www.111.nhs.uk](http://www.111.nhs.uk), by calling 111 or by using the NHSApp. You should always call 999 in an emergency