Choose well

Below is a list of scenarios where people may need support from the NHS.
For each scenario, decide which service(s) the patient should use.

	Make appointment with GP	Ask local pharmacist	Call NHS Direct on 111	Self-care
A person struggles with anxiety and has had trouble sleeping for three weeks.	☐	☐	☐	☐
A person is suffering with common cold symptoms.	☐	☐	☐	☐
A person needs advice on whether 2 medicines can be taken together.	☐	☐	☐	☐
A person has had headaches on and off for a few days and is feeling dizzy.	☐	☐	☐	☐
A person has a skin condition but is unable to identify it.	☐	☐	☐	☐
A person has had a rash for a few days and now it has become very sore and itchy.	☐	☐	☐	☐
A baby has a temperature and the parents are unsure if it is urgent.	☐	☐	☐	☐
A person has a sore throat.	☐	☐	☐	☐
A person has a painful cough and needs advice on which medicine to take.	☐	☐	☐	☐
A person has had a bad back and needs referring to specialist treatment.	☐	☐	☐	☐