



# YOUR LOCAL HEALTH TEAM



From GP to pharmacist to care coordinator – your local health team is here to help you and your family stay well.

You can contact your GP practice in three ways: by phone, online, or in person.

This leaflet includes advice and simple steps you can take to stay well.

# Top tips for staying well

## Get the care you need

Your GP practice and pharmacist both offer a wide range of health services. The NHS App can help you quickly book appointments, order repeat prescriptions and get test results. If you're worried about a symptom and aren't sure what help you need, call 111 or visit [111.nhs.uk](https://111.nhs.uk).

## Get protected, get vaccinated

Help protect yourself and your family from serious illnesses including flu, COVID-19, and RSV by getting vaccinated.

## Keeping well

Minor illnesses can be treated at home, but your highly trained local pharmacist can also help. You don't need an appointment to see them and they will tell you if you should see your GP instead.

## Meet your local health team

From GP to high street pharmacist to care coordinator – your local health team is made up of many skilled professionals. Find out how they can help support your health. Contact your GP practice in three ways – by phone, online, or in person.

Knowing the right service to turn to for help can help you get care faster.

If you're not sure what to do, contact NHS 111 for advice by visiting [111.nhs.uk](https://111.nhs.uk) or calling 111. It's open 24 hours a day, 7 days a week.

For more information on all the topics above, visit [nclhealthandcare.org.uk/localhealth](https://nclhealthandcare.org.uk/localhealth)

