

## Where to go for medical advice and treatment

Service	When to use...	How to contact...
School nursing and health visiting teams	For confidential information and advice for families and young people with health and mental health related questions	<ul style="list-style-type: none"> <li>• visit <a href="#">Solent Pulse</a></li> <li>• text 07491163276 (school nursing)</li> <li>• text 07491163275 (health visiting)</li> </ul>
NHS online	For symptom checking or if a child is unwell with symptoms not related to coronavirus, such as sore throat, earache, stomach ache, runny nose, skin rashes, or a winter related illness such as norovirus with vomiting and diarrhoea	<ul style="list-style-type: none"> <li>• NHS website: <a href="#">is my child too ill to go to school</a></li> <li>• <a href="#">NHS app</a></li> </ul>
Local pharmacy	Clinical advice and over-the-counter medicines for a range of minor illnesses. Many pharmacies are open until late and at weekends	<ul style="list-style-type: none"> <li>• visit their website</li> <li>• walk-in service</li> </ul>
GP	For non-urgent care if you are unable to get the support you need via the services above	<ul style="list-style-type: none"> <li>• visit their website</li> <li>• <a href="#">NHS app</a></li> <li>• call them</li> </ul>
Coronavirus testing	If someone has coronavirus symptoms or has been asked to get tested	<ul style="list-style-type: none"> <li>• visit <a href="#">website</a></li> <li>• call 119</li> </ul>
NHS 111	For urgent medical help call 111  An advisor will direct to the most appropriate service and can book a slot at the Emergency Department (A&E) if needed. NHS 111 is for people aged 5 and over	<ul style="list-style-type: none"> <li>• call 111</li> <li>• 111.nhs.uk</li> <li>• <a href="http://www.porthosp.nhs.uk/nhs111">www.porthosp.nhs.uk/nhs111</a></li> </ul>
Emergency Department (A&E)	For life-threatening emergencies only or by appointment after calling 111	<ul style="list-style-type: none"> <li>• call 111</li> <li>• go direct if life-threatening</li> </ul>
999	For life-threatening emergencies	<ul style="list-style-type: none"> <li>• Call 999</li> </ul>