Choose well and get the right care

University and college life can take its toll on your health so it’s really important you choose the right care first time!

**Self Care** - Hangover, grazed knee, cough, sore throat

**Pharmacy** - Fever, stomach upset, aches and pains, headache

**GP** - Ear pain, back pain, symptoms that won’t go away

**111** - Surgery closed? Not sure what service you need? Call 111

**Urgent Care Centre** - Sprains, fractures, minor burns, skin infection

**A&E** - Loss of consciousness, severe breathing, heavy bleeding – this is an emergency!

Don’t forget to register with a doctor if you are new to the city or an international student!

[www.nhs.uk/livewell/studenthealth](http://www.nhs.uk/livewell/studenthealth)