

**Here for You.** Choose well. Stay safe.

**Wigan Borough**  
Clinical Commissioning Group

**We're open, but please choose well in Wigan Borough**

### **Worried about COVID-19 symptoms?**

A high temperature - hot to touch on your chest or back

A new, continuous cough

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the [111 online](#) coronavirus service.  
Only call 111 if you cannot get help online.

### **Self-care and Pharmacy**

Treat yourself at home visit /health-at-home.  
Use your medicine cabinet and a first aid kit.  
Call or visit your local pharmacy – social distancing will apply and check opening times.

*For minor ailments and common symptoms such as diarrhoea or headache*

### **Dental**

Call your dentist to arrange a phone consultation. If you don't have one or out of hours contact the Greater Manchester Urgent Dental Care Service on 0333 332 3800.

*Severe toothache and dental pain*

### **Your GP Practice**

You can still call for an appointment.  
Most GPs will be talking to you over the phone or via video call. They will arrange a face to face appointment if essential.  
If it's out of hours contact NHS 111.

*If you notice an unusual lump or bump, need care for an ongoing illness or concerned about your physical or mental health*

Contact Wigan Borough 24/7 mental health crisis line for all ages :01942 636 395

### **NHS 111**

For urgent medical help use [NHS 111](#).  
Use the online service - only call NHS 111 if you are unable to get help online.

*Feel unwell and don't know where to go?*

**Call 999 or go immediately to A&E**

***For a serious injury or life threatening illness***

All health services are facing huge demand, so please be patient, be kind to your health professionals but seek help if you need it

