

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

**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

