

Here for you. Choose well. Stay safe.



Wigan Borough
Clinical Commissioning Group



<p>Worried about COVID-19 symptoms?</p>	<p>A high temperature - hot to touch on your chest or back</p> <p>A new, continuous cough</p>	<p>To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.</p> <p>Use the 111 online coronavirus service. Only call 111 if you cannot get help online.</p>	
<p>For all other health support, please use</p>			
<p>Self-care Treat yourself at home visit /health-at-home. Use your medicine cabinet and a first aid kit</p>		<p>Common symptoms</p>	
<p>Pharmacy Call or visit your local pharmacy – social distancing will apply and check opening times</p>		<p>Advice for a minor ailment, common problem like diarrhoea or headache</p>	
<p>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</p>		<p>Severe toothache and dental pain</p>	
<p>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 ring 111. Contact Wigan Borough 24/7 mental health crisis line for all ages: 01942 636 395</p>		<p>If you notice an unusual lump or bump, need care for an ongoing illness or concerned about your physical or mental health</p>	
<p>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</p>		<p>Feel unwell and don't know where to go?</p>	
<p>Call 999 or go immediately to A&E</p>		<p>For a serious injury or life threatening illness</p>	