

# The right care for you

Keep well for you, your whaanau and for your community



## Family doctor

See your family doctor for all non-urgent health concerns.

- Long-term illnesses
- Pain management
- Stubborn cold and cough



## Pharmacy

See your local pharmacy for advice on medication and minor health concerns.

- Colds and coughs
- Minor health issues
- Flu vaccinations



## Healthline

Call 0800 611 116 for free health advice from a nurse.

- Available 24 hours, 7 days a week
- Interpreters available
- Health advice from a nurse



## Accident and Medical (A&M)

If your family doctor is not available, go to your nearest A&M clinic.

- Eye injuries
- Mild asthma
- Sports injury
- Minor illness



## Hospital

If it's a life threatening emergency call 111.

- Chest pain
- Head injury
- Severe blood loss
- Major accident