



## Need Health Advice While You Are In Cumbria?

We hope you have an enjoyable stay in our wonderful area. But, just in case you feel unwell we want you to know the best way to access urgent health services.



If you need urgent medical care and you're thinking about going to A&E you should contact [111.nhs.uk](https://111.nhs.uk) online or call 111.

If you need to go to A&E you may be given a time slot.

This will help maintain social distancing in our waiting rooms. You could be directed to another health service and be seen more quickly.



[111.nhs.uk](https://111.nhs.uk)

If you have a life threatening emergency you should call 999.