NHS 111 can help if you have an urgent medical problem and you're not sure what to do.

Get help online or on the phone

To get help from NHS 111, you can:

- go to 111.nhs.uk (for people aged 5 and over only)
- call 111

NHS 111 is available 24 hours a day, 7 days a week.

How NHS 111 works

You answer questions about your symptoms on the website, or by speaking to a fully trained adviser on the phone.

You can ask for a translator if you need one.

Depending on the situation you'll:

- find out what local service can help you
- be connected to a nurse, emergency dentist, pharmacist or GP
- get a face-to-face appointment if you need one
- be told how to get any medicine you need
- get self-care advice

NHS Direct has **interpreters** in many languages

NHS Direct also have a website at: **www.nhsdirect.nhs.uk**

Write the missing word

1. NHS 111 can help if you have an _____and you're not sure what to do.

2. Get help _____ or on the _____.

To get help from NHS 111, you can:

- _____
- _____

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You answer questions about your symptoms on the website, or by speaking to a fully trained adviser on the phone.

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Depending on the situation you'll:

- _____what local service can help you
- Be connected to a nurse, _____, pharmacist or GP
- Get a face-to-face _____ if you need one
- Be told how to get any _____ you need
- Get self-care _____

NHS Direct has interpreters in many _____.