

# Get in the know about treating minor ailments.



## You can get support to treat many minor ailments yourself.

Try the NHS app or website, NHS 111 Online  
or your local pharmacy for advice.

Get in the know and get the right care as  
quickly as possible.

A proud partner in the:



**Leicester, Leicestershire  
and Rutland**  
Health and Wellbeing Partnership



[GetInTheKnow.co.uk](https://GetInTheKnow.co.uk)