

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