## **Family doctor**

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



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



## 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

## The right care for you

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

Keep well for your, your whaanau and for your community

## Hospital

If it's a life threatening emergency call 111.



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