

GOOD HEALTH

starts

ONLINE

"I went online to check my symptoms, but the advice I received was confusing."

Online advice can be misleading and make you worry more. Make sure you are using a trusted source.

NHS 111 online or the NHS App provides quick advice, 24 hours a day that is safe, reputable and reliable information and advice on health matters, self-care and when to seek emergency care.



Find out more here about how good health can start online.

