

Aaargh!



Headaches

Headaches can be caused by stress, lack of sleep, hunger, flu, sinus problems, too much alcohol, allergies, or more serious illnesses like head injuries, stroke or brain tumours.

Go to the

Emergency Department

See a GP

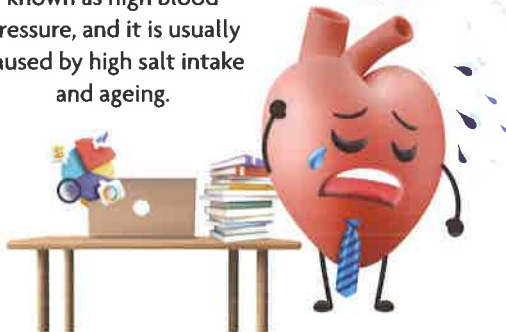
- Persistent headache
- Nausea
- Blurry vision

- Slurred speech
- Stiff neck
- Weakness or numbness in the limbs
- Fits or seizures

Hypertension

Hypertension is also known as high blood pressure, and it is usually caused by high salt intake and ageing.

Pheww!



Go to the

Emergency Department

See a GP

- Unusually high blood pressure readings
- Headache or giddiness

- Weakness or numbness
- Difficulty with speech, sight or movement
- Chest pain or shortness of breath
- Severe giddiness or headache



If your GP refers you to the Emergency Department:

- Get priority over non-emergency cases
- Get \$50 subsidy on prevailing attendance fee

GP FIRST

YOUR FAMILY DOCTOR, YOUR FIRST STOP

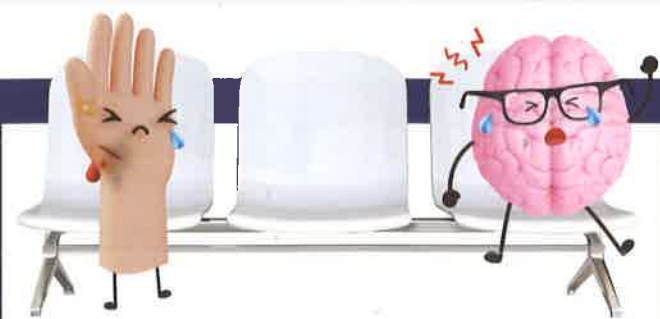


Scan for more information about
#GPFIRST



Scan to find the nearest
#GPFIRST Clinic

gpfirst.sg   



Feeling unwell?

Visit your #GPFIRST, not the Emergency Department



GP FIRST

YOUR FAMILY DOCTOR, YOUR FIRST STOP

Ouchh!

Cuts and Open Wounds

Cuts are wounds where the skin is lacerated or torn while open wounds are caused by injury to the skin and may lead to an infection.



See a GP

- Cuts from an animal or dirty item
- Persistent bleeding
- An infection
- A fever

Go to the

Emergency Department

- Painful swelling
- Severe bleeding
- Visibility of fat and underlying structures like tendons
- A foreign body in the wound

Urghhh!

Diarrhoea and Vomiting

Diarrhoea and vomiting often occur because of bacterial infections of the gut, food intolerance and as side effects of certain medications.



See a GP

- Severe vomiting
- Fever and stomach pain
- Blood and mucus in your stools
- Diarrhoea for more than two days
- Recently travelled to a developing country

Go to the

Emergency Department

- Large amounts of blood in your stools
- Severe dehydration with weakness

Yikesss!

Strains and Sprains

Strains and sprains are injuries affecting muscles and ligaments and may involve pain, swelling, bruising, soreness and restricted movement.



See a GP

- Pain
- Bruising
- Swelling or numbness

There is no need to visit the Emergency Department for a strain or sprain, unless instructed by your GP

Bruises

Bruises are caused by bleeding from the blood vessels beneath the skin.



Eeeek!

See a GP

- Severe pain
- Fever
- Red painful streaks or pus in the bruise

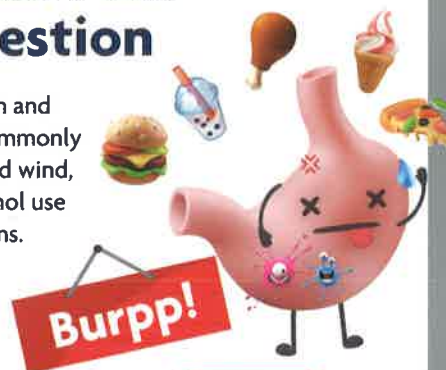
Go to the

Emergency Department

Painful swelling of the bruised area which affects your movement

Abdominal Pain or Indigestion

Abdominal pain and indigestion are commonly caused by trapped wind, overeating, alcohol use and infections.



Burpp!

See a GP

- Diarrhoea
- Fever
- Persistent vomiting
- Severe pain

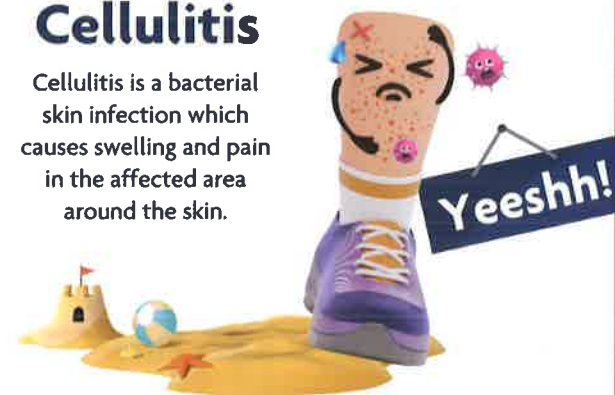
Go to the

Emergency Department

- Sweating and breathlessness
- Blood in your vomit and stools

Cellulitis

Cellulitis is a bacterial skin infection which causes swelling and pain in the affected area around the skin.



Yeeshh!

See a GP

- Painful, red and warm swollen skin
- Diabetes

Go to the

Emergency Department

- High fever and chills
- Painful blisters
- Painful and rapid swelling of joints