

Some examples of when to speak to the GP

Adults

- Unexplained bleeding from any site
- Significant and unexplained bruising in different areas of the body
- Unexplained weight loss
- Unusual thirst, very frequent urination
- A persistent cough which hasn't cleared up after three weeks
- New and persistent headaches, not improving with painkillers, especially if accompanied by dizziness and/ or nausea
- Moles which grow, change shape, colour, start itching or bleeding
- Any new lumps anywhere on your body
- Breast cancer can have several symptoms, but the first noticeable symptom is usually a lump or area of thickened breast tissue. Most breast lumps are not cancerous, but it's always best to have them checked by a doctor

Babies and children

- Small children who are struggling to breathe or are pale and floppy, drowsy and irritable, and can't be comforted, disinterested in playing
- Temperature above 38 degrees
- Dehydrated after diarrhoea and vomiting; passing little urine and floppy
- Blood in their poo or wee
- Limb injury causing reduced movement, persistent pain
- Head injury causing vomiting or drowsiness, and especially, *any* injury in a non mobile baby.

Useful websites which give comprehensive advice and information:

- <https://www.nhs.uk/conditions/>
- <https://usetherightservice.com/self-care/nhs-symptom-checker/>