

Scan to locate your
nearest **GPFIRST** clinic!



<https://for.sg/nhghealth-gpfirst>



**Receive \$50 off prevailing
A&E attendance fees***
when referred to A&E
through a GP



*T&C: The original GPFirst Referral Form is only valid on the day of issue, and up to 2am of the following day if the referral form is issued between 10pm and 12am. Patients are advised to attend the referred A&E without delay.

**Should I go
to the A&E?**

See your **GPFIRST** for
mild to moderate
symptoms

NHG Health **GPFIRST**
YOUR FAMILY DOCTOR, YOUR FIRST STOP
Khoo Teck Puat Hospital • Tan Tock Seng Hospital • Woodlands Health

Should I visit the A&E?



Abdominal pain & indigestion

See a GP

- Diarrhoea persisting for more than 2 days
- Vomiting persists for a few hours
- Fever (38 °C or higher)
- Difficult or painful swallowing

A&E

- Sweating and breathlessness
- Blood in vomit
- Vomiting that does not subside
- Sudden and severe pain
- Bloody or black sticky stools



Cuts and wounds

See a GP

- Foreign materials or dirt stuck even after washing
- No improvement (after 1 week)
- Signs of infection (e.g. fever, persistent redness and pain, swelling or pus)

A&E

- Cut is deep and bleeding does not stop



Headaches

See a GP

- Headache lasts more than 1 day even after over-the-counter pain relievers
- Affecting daily routine
- Developed after head injury (e.g. falling)
- Nausea or vomiting

A&E

- Stiff neck
- Confusion
- Blurred vision
- Difficulty speaking
- Weakness or numbness in limbs
- On anti-coagulation medication



Strains & sprains

See a GP

- Severe pain or swelling
- Numbness or coldness in wounded area
- Cannot move injured joint or muscle
- Crooked or unusual lumps



Cold & flu

See a GP

- Fever (38 °C or higher)
- Cough with thick phlegm (yellow or green) or contains some blood
- Long-term medical conditions (e.g. asthma, diabetes)
- Pregnant
- Difficulty in breathing

Still unsure?

**Call NurseFirst at
6262 6262**

