

Need health advice whilst on holiday in Cornwall?

Anyone who is visiting Cornwall is asked to call their own GP, and not the one closest to where they're staying, if they need non-urgent advice. They have all your medical background close to hand. They are used to helping by phone, video, and email. If you need a prescription, your surgery can send it to any pharmacy you choose, for you to collect close to where you are staying.

For people who need non-urgent care when their own GP is not open, and don't think they can wait, use the [NHS 111 online service](https://www.111.nhs.uk) (www.111.nhs.uk) or call 111, at any time

If you are advised to contact a local surgery to be seen please use this link to find the nearest surgery to your holiday accommodation.

[Find a GP - NHS](https://www.nhs.uk/service-search/find-a-gp) (www.nhs.uk/service-search/find-a-gp)

If Port Isaac or Bridge Medical are the nearest please call the surgery on **01208 880222** our reception team will assist you to complete our triage form – we will require contact details for your home surgery to obtain a synopsis of your medical history.

The Port Isaac Practice and Bridge Medical Centre are long established surgeries on North Cornwall please visit our website for contact details and how to find us

[Port Isaac Surgery – NHS GP Surgery in Cornwall](https://portisaacsurgery.nhs.uk)
(portisaacpractice.co.uk)

The surgery has a Facebook page with useful links and information

[Facebook](#)

Cornwall and the Isles of Scilly ICB

The ICB website has a wealth of local health knowledge

[Home - NHS Cornwall and Isles of Scilly](https://cios.icb.nhs.uk) (cios.icb.nhs.uk)



North Cornwall Coast holiday makers guide to health services.

Welcome to the North Cornwall coast!

Enjoy stunning beaches, dramatic cliffs, and unforgettable memories.

Have a fantastic holiday!



Whether you're here for relaxation, adventure, or a family getaway, staying healthy is important.

This leaflet provides essential information to help you quickly find the right medical and health services during your holiday.

From minor illnesses to emergencies, we've got you covered so you can enjoy your holiday with peace of mind.

If you're on holiday in Cornwall and not feeling well, there are a range of local health and care services available to help you.

Bring a well stocked medicine first aid kit

If you're staying away from home in self-contained accommodation whilst on holiday in Cornwall, make sure that you've got some essentials with you including plasters, paracetamol, antiseptic, and order enough of your regular medication from your own GP ahead of your stay away.

Did you know?

You can order your prescription from your own doctor to be collected from a local pharmacy here!

Find a local pharmacy

(www.nhs.uk/service-search/pharmacy/find-a-pharmacy)

Think pharmacy first

Across Cornwall the majority of local pharmacists will be able to assess and treat patients, without the need for a GP appointment or prescription, for 7 common conditions:

- sinusitis
- sore throat
- earache
- infected insect bite
- impetigo
- shingles
- uncomplicated urinary tract infections in women (under the age of 65)

Local pharmacies also offer a **Pharmacy Contraception Service**, offering women the chance to get a supply of oral contraception over the counter without needing to first see their GP

Minor Injury Units & Urgent Treatment Centres

If your injury/ailment is not serious, you can get help from a Minor Injury Unit (MIU) or Urgent Treatment Centre (UTC).

Most are open every day, weekends and evenings. No appointment is necessary; you can just turn up to be seen by staff.

MIUs and UTCs are there to help with injuries that need attention urgently but are not critical or life-threatening, such as cuts that need stitches, arm, foot and leg injuries including broken bones, bites, minor burns and scalds as well as eye problems.

Check live waiting/opening times before you go

Please check the [opening hours and live wait times](https://www.royalcornwallhospitals.nhs.uk/waiting-times/urgent-care/before-you-visit) ([royalcornwallhospitals.nhs.uk/waiting-times/urgent-care/before you visit](https://www.royalcornwallhospitals.nhs.uk/waiting-times/urgent-care/before-you-visit)).