



Safety-netting

Your Dr or Nurse Practitioner will have given you a diagnosis or idea of what is happening for you at the moment. You should have an idea of what is the matter, the likely course of your illness as well the sensible next steps you are to take to help to you get better, or to find out more about what is going on. **Please feel free to ask any questions if anything is not clear.**

Your safety net - if you are not getting better as expected please let us know on reception@tkhealth.co.nz or call 07 826 3499

If you are worried and it is *out-of-hours* please contact

1. Practice Plus <https://practiceplus.nz/> or
2. Call Healthline 0800 611 116 or
3. Attend Anglesea Accident & Medical on Thackerey St (07 858 0800) or
4. If it is an **Emergency please dial 111 for St Johns**



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