



# Healthwatch Quiz



**What phone number do you need to call in a life threatening emergency?**

**What phone number should you call if you need medical advice but it's not an emergency?**

**What does A&E stand for?**

**Where is your nearest hospital?**

**How many portions of fruit and vegetables should you try to eat every day?**

**How much exercise should children and young people (aged 5-18) be doing each day to maintain a basic level of health and fitness?**