

NOT SURE WHO TO TURN TO? Examples of what is seen and where...

EMERGENCY DEPARTMENT (A&E - ELGIN) OR 999

Floppy / Unresponsive Child
Choking / Chest Pain / Collapse / Suspected Stroke / Serious Injury or Blood Loss / Foreign Body in Eye
Unexplained Seizure / Suspected Fracture / Serious Head Injury / Major Burn or Scald

A&E
DR GRAYS HOSPITAL
ELGIN
- OR DIAL 999

UNSCHEDULED CARE DEPARTMENT, FORRES

Foreign Body in Ear / Minor Head Injury / Minor Burn or Scald
Worsening COPD / Earache (child) / Earache with discharge / Fever (child) / Cuts (if major then A&E)
Shingles / Throat Infection / Tonsillitis / Urinary Tract Infection

UNSCHEDULED CARE
DEPARTMENT,
FORRES

GP – Abdominal Pain / Anxiety / Backache / Breast Lump / Confusion / Ongoing Constipation / Ongoing Fatigue
Falls / Ongoing Headache / IBS / Swollen Legs / Period Problems / Palpitations / Testicular Pain / Unwell Child
DENTIST – Toothache / Infection / Abscess **OPTICIAN** – Sore eyes / Foreign Body in Eye / Blurred Vision
PODIATRIST – In-growing Toenail / Foot Pain
OUT OF HOURS – Too ill to wait until your GP Surgery is open

GP
DENTIST
OPTICIAN
PODIATRIST
OUT OF HOURS

COMMUNITY PHARMACY

Aches and Pains / Bites and Stings / Chickenpox / Cold Sores / Cold or Flu Symptoms / Conjunctivitis
Emergency Contraception / Diarrhoea and Vomiting under 5 days (not child under 5) / Earache (adult) / Fever
Fungal Infections (skin or nail) / Hand, Foot & Mouth / Head Lice / Indigestion / Nappy Rash / Piles
Rashes / Sinusitis / Styes / Sunburn / Threadworms

**COMMUNITY
PHARMACIST**

NHS INFORM - NHS Inform provides 24-hour comprehensive health information and self care advice to the people of Scotland. If you are unsure who to turn to or just want some medical advice about your symptoms. **Freephone 0800 22 44 88. Website & Web-Chat - <https://www.nhsinform.scot/>**
NHS24 – provides urgent health advice out of hours, when your GP practice or dentist is closed – **Dial 111**

NHS INFORM:
Tel: 0800 22 44 88
www.nhsinform.scot/
NHS24: Tel: 111

SELF CARE

Constipation / Coughs & Colds / Low Back Pain / Dry Skin / Grazed Knee / Hangover
Sprains & Strains / Sore Throat

SELF CARE:
**E.G. MEDICAL KIT /
LOZENGES**