



- coughs and colds
- sore throat
- indigestion
- diarrhoea or constipation
- aches and pains

Pharmacist



- tooth pain
- swelling to your mouth
- painful or bleeding gums
- injury to your mouth
- advice on oral hygiene

Dentist



- blurred vision
- irritated eyes: sticky or red eye
- sudden change in vision

Optometrist (Ophthalmic Optician)



- For advice on muscle, joint or back pain please visit: www.nhsinform.scot/illness-and-conditions/muscle-bone-and-joints
- If you need further help you can self-refer to Outpatient Physiotherapy Dept. (Adults only). Self-referral forms available from GPs and Physiotherapy Depts.

Physiotherapist

111

When your GP and local pharmacy are closed, and you are too ill to wait for them to re-open, call 111

**NHS 24
 111**



Contact the Podiatry Service Referral Management Centre for ALL clinical foot & ankle problems on:

- 0141 347 8909
- 8:00am – 8:00pm Mon-Fri
- 9:00am – 1:00pm Sat

(NHS GG&C Podiatry Service does not provide Personal Foot Care)

Podiatry



- cuts and minor burns
- sprains and strains
- suspected broken bones and fractures

Minor Injuries Unit



- suspected heart attack or stroke
- breathing difficulties
- severe bleeding

999 or A&E



- For any other illness that won't go away
- Monitoring and management of on-going conditions

GP Practice and GP

Know Who To Turn To

For services near you visit:
www.knowwhototurnto.org

