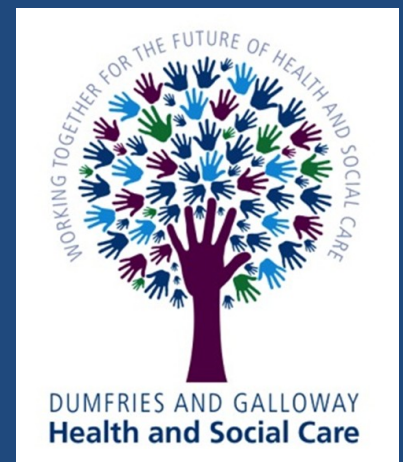


# Health and Social Care Newsletter



## Nithsdale Issue 26, November 2017

In this issue, we look at who we should turn to when we're unwell. Going directly to the service that has the appropriate skills is important. This can help aid a speedier recovery and ensure that all NHS services are run efficiently.

**WHEN YOU'RE ILL,  
KNOW WHO TO  
TURN TO:**

**SELF CARE**

**PHARMACIST**

**GP**

**OUT OF HOURS**

**MINOR INJURIES UNIT**

**A&E / 999**

### TURN TO SELF CARE

IF YOU HAVE A GRAZED KNEE; SORE THROAT; COUGHS AND COLDS.

For a speedy recovery, self care is the best option when you have a minor illness or injury. A well-stocked medicine cabinet means you'll receive the right treatment immediately.



### TURN TO YOUR PHARMACIST

FOR COUGHS AND COLDS; INDIGESTION; CONSTIPATION; ACHES AND PAINS.

Drop into your local pharmacy anytime to get expert advice or information on healthcare, as well as help with your medicines. There is no need to make an appointment. Your pharmacist sells a wide range of over the counter medicines to treat minor ailments such as hay fever, athlete's foot and cold sores (treatment for minor ailments is provided free of charge under the Minor Ailment Service to patients who are exempt from prescription charges). All pharmacies dispense prescriptions and most supply emergency contraception on the NHS. If you run out of your regular medicines and can't obtain a prescription from your GP, your pharmacist can dispense an urgent repeat supply.

Health and Social Care services — working together to provide seamless care and to improve health & wellbeing in our community.

## TURN TO YOUR GP

FOR PERSISTENT VOMITING; EAR ACHE; SORE BELLY; BACKACHE.

When you have an illness or injury that just won't go away, make an appointment to see your GP, who will carry out detailed examinations and provide advice, information and if necessary, prescribe medications. Your doctor can also refer you to specialist healthcare professionals.



## TURN TO YOUR NHS OUT OF HOURS SERVICE

IF YOU'RE TOO ILL TO WAIT UNTIL YOUR GP SURGERY IS OPEN

When your GP surgery is closed, and you're too ill to wait until it re-opens, you can access appropriate out of hours services through NHS 24. Call NHS 24 on 111.

## TURN TO YOUR MINOR INJURIES UNIT

FOR CUTS; MINOR BURNS; SPRAINS.

If you require urgent care for a minor injury, you should attend your local Minor Injury Unit. However, if your injury happened a few days ago, or if it's an old injury that has got worse again, please turn to your GP for advice. The Nithsdale Minor Injury Unit is based within the A&E Department at Dumfries and Galloway Royal Infirmary (DGRI). There are also Minor Injury Units at Stranraer, Castle Douglas, Kirkcubright, Moffat and Newton Stewart hospitals; all of these are open 24 hours a day, apart from Kirkcubright, which is open 8am-9pm. Children aged 12 years and under must attend the Accident & Emergency departments in Dumfries or Stranraer.

## TURN TO 999 OR YOUR HOSPITAL'S A&E DEPT

FOR SUSPECTED STROKE OR HEART ATTACK; SERIOUS ILLNESS OR INJURY.

The Scottish Ambulance Service and Accident & Emergency departments provide care for people with symptoms of serious illness or who have been badly injured. When you call 999, the Scottish Ambulance Service will respond with the most appropriate help for your situation. 999 and A&E services should only be used for serious illnesses or injuries, so that essential treatment can be given to those who need it as quickly as possible. The Nithsdale A&E Department is located at DGRI, Dumfries. There is also an A&E department at Galloway Community Hospital, Stranraer.



**You can find out more about illnesses, health related services and what to keep in your medicine cabinet by visiting [www.knowwhototurntodg.scot.nhs.uk](http://www.knowwhototurntodg.scot.nhs.uk)**

We are keen for you to share your views, ideas and questions on health and social care, and about the services that you are involved with. Please contact us with any comments or article ideas for future issues of this newsletter.

The newsletter team includes public representatives and staff from the NHS, Social Services and the Third Sector.

For more information, feedback, further copies or to submit an article, please contact Lindsay on: 01387 244401 or [dumf-uhb.nithsdalehit@nhs.net](mailto:dumf-uhb.nithsdalehit@nhs.net)

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