



- 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](http://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

(NHSGG&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](http://www.knowwhototurnto.org)

