



**Right Care
Right Place**

Know how to get the Right Care in the Right Place

Visit www.nhsinform.scot for advice and self-help guides for common illnesses and minor injuries or download the **NHS 24 app**.

If you have an injury you can't treat at home call **111**. Do not attend a **minor injury & illness unit (MIU)** without an appointment.

Your **community pharmacist** can give you advice and provide medicine if needed for a range of minor illnesses.

Contact your **GP, dentist or optician** during the day or **111** if your GP/pharmacy is closed and you are too ill to wait.

If you think you need to go to A&E but it is not life-threatening, call **111** day or night.

If it is a life-threatening emergency call **999** or go to **A&E**.