

Get the Right Care in the Right Place

You can get medical help and advice quickly, safely and often closer to home by using these services:

- **Visit NHS inform** online for advice on common symptoms and a list of local services
- **Speak to your pharmacist** first for advice on minor illnesses
- **Contact your GP** during normal opening hours for routine or urgent care appointments
- **Call 111 free anytime day or night if:**
 - ▶ you think you need to attend A&E but it is not life threatening
 - ▶ have a minor injury including minor cuts, burns, sprains or insect bites
 - ▶ are too ill to wait for your GP or dentist to open
 - ▶ you need urgent mental health advice and guidance

By calling 111 they can refer you to the best service. This might include a phone or video consultation with a qualified health professional. If you need to attend hospital in person they will give you an appointment.

Please only attend A&E, or dial 999, in a life threatening emergency.



**Right Care
Right Place**

For more information please visit:
services.nhslothian.scot/rightcare