



When  
you're ill,  
know who  
to turn to.

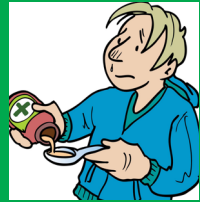


## Self care



For a speedy recovery, taking care of yourself is the best option when you have a minor illness or injury such as a **hangover**, **grazed knee**, **sore throat**, **cough** or **cold**.

## Pharmacist



Drop into your local pharmacy to get expert advice or information on medicines and healthcare.

Under the Minor Ailment Service you might not need to pay for the medicine that the pharmacist may recommend.

Examples of minor illnesses include:

**coughs and colds, indigestion, constipation, aches and pains.**

## Dentist



Turn to your dentist for **regular check ups, planned routine treatment and emergency care.**

For a list of local dentists registering NHS patients, contact Dental Services on 01292 616811, Monday to Friday 8.30am to 4.30pm.

## Optometrist (Your local optician)



Turn to your optometrist (optician) if you have any eye problems such as **blurred vision, difficulty seeing well or discomfort** - for example, red eyes, irritated eyes, itchy eyes, watery eyes or sticky eyes.

**Family  
doctor  
GP Practice**



When your illness or injury just won't go away, make an appointment to see your GP (or other healthcare professional at the doctor's surgery). They can carry out examinations and provide advice and information about conditions such as **vomiting, ear pain, sore belly, backache.**

**Remember to keep your appointment.**

## NHS out-of-hours service



For immediate advice when your GP or dental surgery is not open, **call NHS 24 on 111**. This is how you get advice or an appointment with a doctor when your surgery is closed.

## Minor injuries service



Turn to a minor injuries service if you require urgent care for a minor injury such as: **cuts, minor burns, sprains.**

**Girvan Community Hospital:** 01465 712571

Monday – Friday 8.30 am – 5.30pm

**University Hospital Ayr:** 01292 610555

seven days a week 9.30am – 10pm

**Arran Memorial Hospital:** 01770 600777

**University Hospital Crosshouse:** 01563 521133

seven days a week 9.30am – 10pm



## Accident and Emergency (A&E)



Only turn to **999** or to your hospital's A&E department for serious illness or accidents such as **suspected stroke, heart attack, head injuries, fractures or wounds requiring stitches.**

Remember, University Hospital Crosshouse has a dedicated children's department, so if your child needs to be admitted they will be transferred there from University Hospital Ayr.

## Information for you

This booklet has been produced to help you get the right medical assistance when you're ill or injured.

There are eight options to choose from.

**Self-care**

**Pharmacist**

**Dentist**

**Optometrist (Your local optician)**

**Family doctor GP Practice**

**NHS out-of-hours service**

**Minor injuries service**

**Accident and Emergency (A&E)**

Going directly to the person with the appropriate skills is important. This can help you to a speedier recovery and makes sure all NHS services are run efficiently.

The sections of this booklet give examples of common conditions, and provide information on who to turn to when you're ill.

Remember getting the right help is in your hands.

So please keep this booklet handy, and you'll always know who to turn to when you're ill or injured.

For further information visit  
**[www.nhsaaa.net](http://www.nhsaaa.net)** or **[www.nhsinform.co.uk](http://www.nhsinform.co.uk)**



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