

Winter is a very busy time for the NHS, especially over the festive season. Please help by only attending the Emergency Department at Forth Valley Royal Hospital if you have a serious illness or injury. Details of other health services and support available are listed below.

Minor injuries, illnesses and urgent healthcare advice - Call 111

Call NHS 24 first on 111 day or night for:

- Healthcare advice
- A telephone or video consultation with a local healthcare professional
- A priority appointment so you don't have to wait if you need to be seen at our Minor Injuries Unit or Urgent Care Centre



NHS 24
ON 111

Right Care
Right Place

Local Pharmacy Services & Festive Opening Times

Your local pharmacy is the first place you should go for advice and treatment for many common winter illnesses including coughs, colds, sore throats and upset stomachs. If you run out of your usual medicines or dressings your pharmacist may also be able to arrange an urgent supply.

Pharmacists can also offer advice and free treatment for a number of different common conditions, such as urine infections, conjunctivitis, a number of skin complaints, skin

infections and thrush without the need for a GP prescription as part of the national Pharmacy First scheme. More details can be found at www.nhsforthvalley.com/pharmacy

A number of pharmacies across Forth Valley will be open for periods of time on Christmas Day, Boxing Day, New Year's Day and 2nd January 2022 . Visit www.nhsforthvalley.com/winter for details



COMMUNITY
PHARMACY

Right Care
Right Place

GP Practice Services

General Practices are open and available for your health and wellbeing needs, but they are continuing to work differently as a result of Covid-19. A wider range of healthcare staff are now working in many GP practices, including physiotherapists and mental health nurses and you can book appointments to see or speak to them direct. Ask your local Practice for details



**GENERAL
PRACTICE**

Right Care
Right Place

GP Practices will be closed on Mon 27th and Tues 28th Dec 2021 and Mon 3rd January and Tues 4th January 2022. If you need help or advice before your GP Practice reopens call NHS 24 on 111 for or visit NHS Inform www.nhsinform.scot

Covid-19 Information - Protect Yourself and Others

- **Get the Covid-19 vaccine/vaccine booster**

Every vaccination provides protection for yourself and others and as more people are vaccinated, the more we'll protect our communities as a whole. Please arrange to get your flu (if eligible) and Covid-19 vaccinations as soon as possible. To find out more and to book an appointment visit www.nhsinform.scot/covid19vaccine

- **Take regular lateral flow tests – especially before and after mixing with people from other households e.g. going to a pub, restaurant or visiting someone's house**

Doing regular lateral flow tests helps to stop the spread of Covid-19. They're available at Covid-19 testing centres, local pharmacies and online. Please make sure you report the results – whether positive, negative or void – which only takes a few minutes. Find out more NHSinform.scot/testing

- **If you have symptoms - self-isolate and book a PCR test**

Even if Covid-19 symptoms are mild, you still need to self-isolate and book a PCR test immediately. Doing this helps to protect your family, friends and those most at risk. Book a test at NHSinform.scot/testing

- **Limit the number of contacts you have with other households and avoid crowded places**

- **Wear a face covering, where required**

- **Wash your hands/ use sanitiser regularly**

- **Cover your nose and mouth if coughing or sneezing**

- **Open windows in cars, at home and at work to improve ventilation**

- **Work from home, if possible**

For the latest Covid-19 information and advice visit gov.scot/coronavirus

Winter Zone

Visit the Winter Zone on our website for more health information, advice and useful links www.nhsforthvalley.com/winter

Keep in touch

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or visit www.nhsforthvalley.com**