Got a Minor Injury?

Call first before you attend

NHS Forth Valley

If you or a member of your family has an injury that needs urgent or immediate attention, you should **call NHS 24 first on 111**, day or night for:

- Healthcare advice – without having to leave home
- An appointment at a local centre for further assessment or treatment – so you don't need to wait when you attend

The Minor Injuries team can help adults and children over 12 months who have a recent minor injury, including:

- Sprains and strains
- Suspected broken bones
- Minor head injuries
- Minor burns and scalds
- Minor ear injuries
- Minor eye injuries
- Infected wounds
- Insect bites and stings

If you attend the Minor Injuries Unit without arranging an appointment via NHS 24 may have to wait longer be seen or could be asked to come back later.

You can also call NHS 24 on 111 any time, day or night if you:

- Think you need to attend A&E but it's not life threatening
- Are too ill to wait for your GP Practice, pharmacist or dentist to open
- Need urgent mental health advice and guidance

Remember If your condition is serious or life-threatening you should dial 999 or go to straight A&E.

www.nhsforthvalley.com/rightcare

Right Care Right Place