

Accessing your GP, Dentist, Optician and Pharmacy.

HOW DO I MAKE AN APPOINTMENT AT MY GP PRACTICE



WHAT CAN A PHARMACY HELP ME WITH



WHAT CAN MY DENTIST HELP ME WITH



HOW DO I MAKE AN APPOINTMENT WITH AN OPTOMETRIST



HOW DO I MAKE AN APPOINTMENT AT MY GP PRACTICE



- GP practices are open
- If you need an appointment, contact your GP practice.
- Most appointments are being carried out over the phone, or through a video consultation.
- If a GP needs to see you, they will arrange a face to face examination.
- Giving some information in confidence to our trained receptionists will help direct you to the right member of the team.
- You can also get advice from the NHS Inform website, or from your local pharmacist.

WHAT CAN A PHARMACY HELP ME WITH



- Community pharmacies are open
- If you have a minor illness, your pharmacy is the first place you should go for advice and treatment, after using the self-help guides on the NHS Inform website.
- The pharmacy team will be able to give you advice on how to manage your condition, and if necessary, will supply you with NHS treatment.

WHAT CAN MY DENTIST HELP ME WITH



- All dentists are open.
- If you have concerns or pain in your mouth, jaws or gums, call the dentist you are registered with.
- Appointments are being managed to ensure those most in need of care are prioritised.

HOW DO I MAKE AN APPOINTMENT WITH AN OPTOMETRIST



- All opticians are open.
- If you have an eye problem, you should always contact your optometry practice/optician first.
- Please call and make an appointment if you have an eye problem or concern.

Your local health services are open! Although the COVID-19 pandemic has changed the way all our health services work, you can still get the help you need.

Please remember to wear a face covering to protect yourself and others. The number of people in premises is limited due to physical distancing and infection control measures. Services offer a certain amount of appointments each day, and priority will be given to people needing emergency care or with urgent problems.

When attending a face to face appointment, safety measure are in place for your protection.

Please do not attend services if you have COVID-19 symptoms, are awaiting a COVID-19 test result or have been told to self-isolate. Symptoms include cough, fever, loss of taste or smell.

Please follow the guidance to help reduce the risk of infection. These measures are in place to protect you, your family and staff. Thank you for your patience and understanding.



FACE COVERINGS



AVOID CROWDS



CLEAN HANDS



TWO METRES



SELF-ISOLATE

Go online for a wide variety of advice on symptoms, self-help guides and information on illnesses and conditions

[nhsinform.scot/](https://www.nhs.uk/healthcare-professionals)