

Winter Health Information & Advice



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 which requires urgent treatment. Your local pharmacy, Minor Injuries Unit or GP practice can also provide advice and treatment for many common health problems – see below for details.

Minor Injuries Unit - Stirling Health and Care Village – Open 7 Days (9am – 9pm)



The Minor Injuries Unit (MIU) at Stirling Health and Care Village (formerly known as Stirling Community Hospital) treats sprains, minor cuts and burns, minor eye, ear, head and neck injuries as well as infected wounds. Staff can also X-ray suspected broken bones and apply plaster, if required. The MIU treats adults and children over the age of one. It is **open 7 days (including over the festive period)** from **9am – 9pm** and **no appointment is necessary**. For more information visit www.nhsforthvalley.com/miu

Your Local Pharmacy

Pharmacists can provide 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. A small number of pharmacies across Forth Valley **will be open for short periods** on **Christmas Day, Boxing Day, New Year's Day and 2nd January 2020** (details can be found on the winter zone of NHS Forth Valley's website nhsforthvalley.com/winter) The Pharmacy First scheme allows Forth Valley residents to access free advice and/or treatment for a number of different common conditions. These include urine infections, conjunctivitis, a number of skin complaints, skin infections and thrush. More details can be found at www.nhsforthvalley.com/pharmacy

GP Services

GP Practices will be **open as normal** on **Monday 23rd & Tues 24th Dec and Friday 27th Dec 2019** and **Mon 30th & Tues 31st Dec 2019 and Fri 3rd Jan 2020** (they will only be closed on 25th & 26th Dec and on 1st and 2nd January). If you think you need help and you're too ill to wait until your GP Surgery reopens call **NHS 24 free on 111** for advice. You can also visit www.nhsinform.scot for health information and advice.

Keep in touch

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