When you’re ill, know who to turn to.

Choose the right option for your condition.

Self care

Turn to self care; for a speedy recovery, self care is the best option when you have a minor illness or injury you can deal with yourself, such as: hangover, grazed knee, sore throat, coughs and colds.

Pharmacist

Turn to your Pharmacist; drop into your local pharmacy to get expert advice or information on medicines and healthcare, and under the Minor Ailment Service you may 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.

If you are unable to find a dentist to register with contact the Dental Helpline, Monday to Friday, 8.30am – 6pm (01563 578664)

Optometrist

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

Turn to your GP Practice; When your illness or injury just won’t go away, make an appointment to see your GP or other healthcare professional who 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

Turn to your NHS out of hours service when you are too ill to wait until your GP or Dental surgery is open.

Call NHS 24 on 08454 24 24 24

Minor injuries service

Turn to a minor injuries service (self referral) 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

Ayr Hospital: 01292 610555
seven days a week 9.30am – 10pm

Arran Memorial Hospital 01770 600777
Crosshouse: 01563 521133
seven days a week 9.30am – 10pm

Accident and Emergency (A&E)

Turn to 999 or to your hospital’s A & E department only for serious illness or accidents such as: suspected stroke, heart attack, head injuries, fractures or wounds requiring stitches.

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