

COVID-19 – WHAT TO DO

SYMPTOMS

 HIGH TEMPERATURE  NEW, CONTINUOUS COUGH

- ✓ Stay at home and self-isolate for 7 days
- ✓ No symptoms but in the same house? Stay at home for 14 days
- ✓ Seriously unwell or not getting better? Call 111 and ask for advice
- ✓ www.nhsinform.scot/coronavirus has up to date information

 PLEASE STAY AT HOME. DON'T COME TO THE PHARMACY

We need to keep our staff healthy to keep the pharmacy open.

✓ WHAT TO DO

PHONE your substance misuse nurse or doctor. They can help organise your representative to pick up your medication.

NORTH ABERDEENSHIRE – KESSOCK CLINIC: 01346 585160
CENTRAL AND SOUTH ABERDEENSHIRE: 01467 532833

NEED NEEDLE EXCHANGE or NALOXONE?

Alcohol and Drugs Action can post to any address in Grampian.
Phone 01224 594700

SOME SERVICES ARE ALSO DELIVERING IN THEIR AREAS.

ABERDEEN: Alcohol and Drugs Action. **Phone 01224 594700**

BANFF: Turning Point Scotland. **Phone 07920 525882**

PETERHEAD: Turning Point Scotland. **Phone 07976 478710**

If you are struggling to get into us – or if in the future we have no to option but to close – these services can help.

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