

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.

MORAY DRUG AND ALCOHOL SERVICE 01343 552211

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 07976478710**

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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