

SOCIAL COPY

Scotland is moving to an opt out system of organ and tissue donation from 26 March. Find out what it means for you, and your choices [→ organdonationscotland.org](https://organdonationscotland.org)

From 26 March, the law around organ and tissue donation in Scotland is changing. Everyone has a choice - to be a donor or opt out of donation. Find out more, or opt out, [→ organdonationscotland.org](https://organdonationscotland.org)

From 26 March, if you're 16 or over you'll be considered a possible organ and tissue donor when you die, unless you opt out. Find out more about the law change, or opt out [→ organdonationscotland.org](https://organdonationscotland.org)

Be a donor or opt out – we all have a choice under Scotland's new organ and tissue donation law. You can record your decision here at any time [→ organdonationscotland.org](https://organdonationscotland.org)

Organ donation isn't something that comes up in conversation but making time to tell your family and friends about your donation decision means they'll be able to honour it. Find out more [→ organdonationscotland.org](https://organdonationscotland.org)

If something was to happen to you unexpectedly, would your family know your latest organ donation decision? Record it on the NHS Organ Donor Register and share it with them today. Find out more about Scotland's law change [→ organdonationscotland.org](https://organdonationscotland.org)