

**NHS**

## What additional conditions are covered as part of this service?

- **Aches and pains** - back pain, headache, migraine, muscle ache, period pain, teething, toothache
- **Allergies** - bites and stings, hay fever, skin reaction
- **Colds and flu** – cough, congestion, sore throat, fever / temperature (including fever following immunisation)
- **Ear care** - earache, ear infection, ear wax
- **Eye care** - bacterial conjunctivitis, styes
- **Gastrointestinal care**- diarrhoea, constipation, indigestion, haemorrhoids (piles), reflux, threadworms, vomiting
- **Head lice**
- **Mouth care** - cold sores, oral thrush, ulcers
- **Skin care** - athlete's foot, chicken pox, contact dermatitis / atopic eczema, fungal skin infections, nappy rash, pruritis (itching), scabies, warts, verrucas
- **Vaginal thrush**

Find further information at:  
[www.thinkpharmacyfirst.health](http://www.thinkpharmacyfirst.health)



**NHS**  
Got an  
**itch?**

**Tummy  
trouble?**



**Tickly  
cough?**

Head to your local  
**pharmacy.**

**HERE  
TO  
HELP**

# Did you know?

Pharmacists across the North East and North Cumbria can offer advice and FREE treatment for a wide range of common conditions\* – just like having a prescription from your GP.

**UTI's** non pregnant women 16–64 years

**Shingles** 18 years+

**Impetigo** 1 year+

**Sore throat** 5 years+

**Sinusitis** 12 years+

**Infected insect bites** 1 year+

**Earache** 1 to 17 years

\*Additional conditions can be treated, without the need to visit a GP. Ask a member of your pharmacy team about the minor ailments scheme.

# How it works



## Step 1

Go to your local community pharmacy (chemist) about your illness and they will offer advice.

## Step 2

If needed, you will be offered treatment and if you qualify, this will be given free of charge.

## Step 3

A suitable medicine may be offered to you.\*  
\*You qualify for free treatment if you do not pay for your prescriptions.