

## See your pharmacist first for common health conditions such as

- Acne
- Athletes foot
- Burns and scalds
- Colds, coughs and nasal congestion
- Cold sores
- Conjunctivitis
- Constipation
- Cradle cap
- Cystitis
- Dandruff
- Dermatitis
- Diarrhoea (adults only)
- Dry eyes/sore tired eyes
- Dry skin
- Earwax
- Excessive sweating
- Haemorrhoids
- Hayfever/seasonal rhinitis
- Head lice
- Indigestion and heartburn
- Infant colic
- Insect bites and stings
- Migraines
- Mouth ulcers
- Nappy rash
- Oral thrush
- Pain and fever
- Prevention of dental decay
- Ringworm
- Sore throat
- Sun protection
- Sunburn
- Teething/toothache
- Threadworms
- Travel sickness
- Warts and verrucae



**Going to a pharmacy is easier and sometimes quicker than an appointment you may not need.**

**Pharmacies are open out of hours, like late nights and at the weekend, which is convenient for people who work.**

**Choose self care**