

VISIT YOUR LOCAL PHARMACY NO PRESCRIPTION REQUIRED

If you have a common condition that can be treated with a medication that is available to buy over the counter – please visit your local pharmacy.

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you.

Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

aches and pains	headache and migraine
athlete's foot	heartburn and indigestion
cold sores	Piles (haemorrhoids)
colic	scabies
conjunctivitis	skin rashes
constipation	sleep problems
coughs and colds	sore throat
diarrhoea	teething
eczema	threadworm
fungal nail infections	toothache
fungal skin infections	travel sickness
hayfever and allergies	upset stomach

If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with the over the counter medications you should contact the local pharmacist or the surgery for more advice.

Help save your NHS