

# Got an...

## Itch, tummy trouble, tickly cough



### Head to your local pharmacy

Pharmacies across the North East and North Cumbria can offer advice and treatment for many **common conditions**.

There's no need for a GP appointment – just head to your local pharmacy.

Pharmacists are qualified experts in healthcare and can help with a wide range of common illnesses.

### What is covered under the common conditions 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, sickness
- **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, verrucaes
- **Vaginal thrush**

### Who can use the common conditions service?

Anyone.

### Why should I go to a pharmacy, instead of my GP practice?

Local community pharmacists are trained to treat common conditions. They offer a confidential and high-quality service designed to meet your needs. You can walk in, with no appointment needed, and speak in confidence. Most pharmacies have private consultation rooms available.

**Which pharmacy can I go to?**

Most pharmacies across the North East and North Cumbria offer the common conditions service. Ask your local pharmacy for more details.

**Will I always get treatment for my condition?**

You will be given treatment if necessary.

Your pharmacist may decide that you need further advice/treatment and can signpost you to another service or contact your GP practice directly to book you an appointment.

**How it works**

**Step 1** – Pop along to your local pharmacy and talk to a health care professional about your illness and they will offer advice.

**Step 2** - If you need treatment, the pharmacist will check your eligibility and whether the illness is covered by the service.

**Step 3** - A suitable medicine may be offered to you.\*

*\*Charges will apply if you normally pay for your prescriptions.*

If you hold a medical exemption certificate, for example people under 16 or over 60, then you will not pay for the medicine.

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

