



# Got an itch? Tummy trouble? Tickly cough?

**Head to your local pharmacy.**

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!

**Please ask your  
pharmacy team  
for more details  
and eligibility.**

**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.

## 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.



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

**HERE  
TO  
HELP**