

Think Pharmacy First



Did you know that you can go to your local community pharmacy for a vast range of healthcare needs?

You can get help and advice for lots of different things, and now, pharmacists can even give medication where needed for seven common conditions. All this, without needing to wait for a GP appointment. Community pharmacies have longer opening hours, including weekends, making it quick and easy to visit for help and advice, and you can go at a time that suits you.

If you have any of the below problems, you can speak to a pharmacist for advice. The pharmacist will assess you and they will also be able to give you medication if you need it. The seven common conditions that pharmacists can prescribe for are:

- Urinary tract infections (sometimes called UTIs or 'water infections')
- Shingles
- Impetigo (a skin infection that starts with red sores or blisters)
- Infected insect bites and stings
- Sore throat
- Painful sinuses (sinusitis)
- Some ear infections (acute otitis media)



The Pharmacist will assess you and depending on your condition, provide you with help, advice and/or treatment. If you need treatment that the Pharmacist cannot give, they will refer you onto the right person.



Sore throat

- ? Adults and children aged five and over
- ✓ Pregnant people under the age of 16 should contact their GP practice
- ✓ If you've had tonsillitis lots of times in past 12 months to 3 years, or have had your tonsils removed the pharmacist will provide advice only

Urinary tract infections (UTIs or 'water infections')

- ? Females aged 16 to 64 who think they might have a urinary tract infection (UTI or "water infections")
- ✓ Those who are pregnant or breastfeeding are not suitable for treatment under this scheme
- ✓ If you've had 2 UTIs in the last 6 months or 3 in the last 12 months, please contact your GP practice

Sinusitis

- ? Adults and children aged 12 and over who have had painful sinuses for 10 days or more
- ✓ Pregnant people under the age of 16 will receive advice only





Shingles



- ? Anyone aged 18 years or over who thinks they might have shingles
- ✓ Pregnant people or those breastfeeding with shingle sores on their breasts should contact their GP practice

Ear infections (acute otitis media)

- ? Children and young people aged between 1 and 17
- ✓ Pregnant people under the age of 16 should contact their GP practice
- ✓ If you've had an ear infection 3 times or more in the past 6 months, or 4 times or more in the past 12 months then the pharmacist can examine you and give advice



Impetigo

- ? Adults and children over 12 months old with signs and symptoms of impetigo

People who should contact their GP practice instead:

- ✓ Pregnant people under the age of 16
- ✓ Those who are breastfeeding and have impetigo lesions on their breasts
- ✓ Anyone who has had impetigo 2 or more times in the past year



Infected insect bites and stings

- ? Adults and children over 12 months old
- ✓ Pregnant people under the age of 16 should contact their GP practice

Note: If you were bitten or stung whilst abroad, you will be able to get advice and information



You do not need to worry about being overheard, as most community pharmacies have consultation rooms where you can go and speak to someone in private. Just pop into your local community pharmacy and ask for a consultation with the pharmacist.

***Treatment is subject to a suitability assessment.
Normal NHS prescription charge rules apply**



You can find your nearest pharmacy on the NHS Find a Pharmacy webpage:

nhs.uk/service-search/pharmacy/find-a-pharmacy