

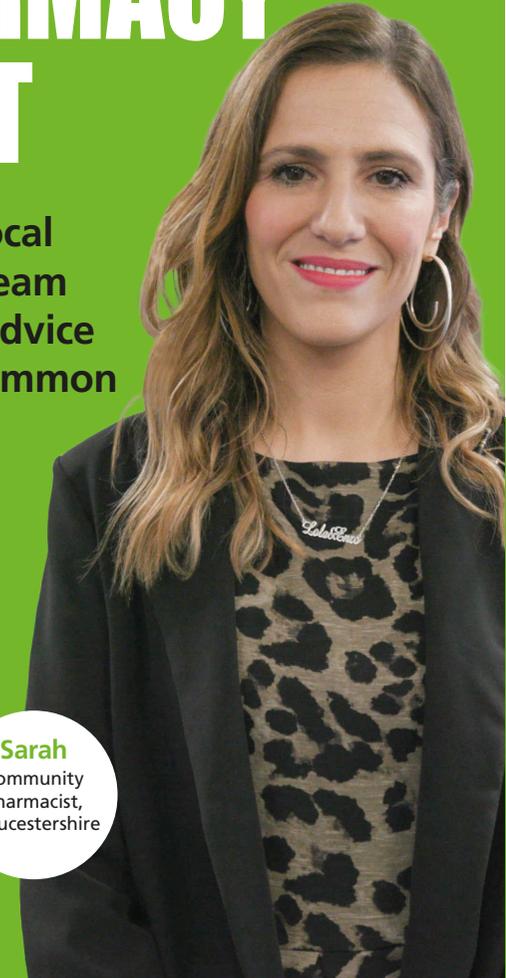


See your pharmacist

Help us help you

THINK PHARMACY FIRST

Visit your local pharmacy team for expert advice on seven common conditions.



Sarah
Community Pharmacist, Gloucestershire

Think Pharmacy First

Your local pharmacy can help if you have symptoms of these seven common conditions.

If you do not normally pay for prescription items, the same applies to several medicines for these conditions.

Pharmacists are highly qualified healthcare professionals, experts on medicines and can advise on whether you need to use another NHS service.

As qualified healthcare professionals, pharmacists can also offer clinical advice and over-the-counter medicines for a range of minor illnesses such as coughs, colds, sore throats, tummy trouble, aches and pains. They can suggest tips on managing your symptoms and ways to reduce the risk of some illnesses getting worse.

For further information visit: nhs.uk/thinkpharmacyfirst



To discuss receiving this information in large print or Braille please ring: **0800 0151 548**

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এই তথ্য অন্য ফর্মাটে পেতে আলোচনার জন্য দয়া করে যোগাযোগ করুন

如需以其他格式接收此信息，请联系

V případě, že potřebujete obdržet tuto informaci v jiném formátu, kontaktujte prosím

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FREEPOST RTEY-EBEG-EZAT

PALS, NHS Gloucestershire Integrated Care Board (ICB),
Shire Hall, Westgate Street, Gloucester,
Gloucestershire, GL1 2TG

See your pharmacist

Help us help you

All pharmacies have private consulting rooms so you can talk in private about your symptoms.

Your pharmacist can now provide treatment, or some prescription medicine if needed, for seven common conditions, without you seeing a GP:

- ▶ **Sinusitis**
(aged 12 years and over)
- ▶ **Sore throat**
(aged 5 years and over)
- ▶ **Shingles**
(aged 18 years and over)
- ▶ **Earache**
(aged 1 to 17 years)
- ▶ **Impetigo**
(aged 1 year and over)
- ▶ **Infected insect bite**
(aged 1 year and over)
- ▶ **Urinary tract infection (UTI)**
(women aged 16 to 64 years)

If you have any symptoms of these seven common conditions, you can visit any pharmacy in Gloucestershire for advice, assessment and, if appropriate, treatment, without needing to make an appointment in advance.



1 Sinusitis

Sinusitis is common and usually clears up on its own within four weeks. However, medicines may help if it's taking a long time to go away. Pharmacists can help adults and children aged 12 and over, giving advice about the most appropriate treatment or self-care.

2 Sore throat

Pharmacists can help relieve the pain and discomfort of a sore throat by suggesting treatments such as paracetamol or ibuprofen, medicated lozenges or anaesthetic spray, which you can purchase without a prescription. Anyone over five years of age who has a rapid onset of severe sore throat and a high temperature should see their pharmacist for a consultation.

Pharmacists can consider antibiotics if you have symptoms of a bacterial infection that is causing your sore throat. However, over 90% of sore throats are caused by a virus and antibiotics will not help.

3 Shingles

Shingles is a viral infection that causes a painful rash. The first signs can be a tingling or painful feeling in an area of skin, a headache or generally feeling unwell. A rash usually appears as blotches a few days later, usually on your chest and tummy, but it can appear anywhere. Your pharmacist can help with shingles if you are an adult aged 18 and over.

4 Earache

Earache and ear pain is common, particularly in young children. It can be painful, but it is not usually a sign of anything serious. Pharmacists can help young people aged between 1 to 17 years who have earache which is causing pain or distress. They will look into your ear and offer advice about

what you can do to treat it yourself and what medicine could help, for example, eardrops or pain relief. They can also supply an antibiotic if this is needed and appropriate.

5 Impetigo

Impetigo is a skin infection that's very contagious, but not usually serious. Anyone can get it, but it's more common in young children. With treatment, impetigo often gets better in a few days. Pharmacies can provide the same treatments as your GP to adults and children aged one year and over, including cream or oral antibiotics as appropriate.

6 Infected insect bite

Although they can be painful, insect bites and stings are not usually serious, and they typically get better in a few days. If they become infected or cause an allergic reaction, your local pharmacist will be able to advise you about the best and most appropriate medication to help ease the symptoms. This might include antihistamines, steroid creams or, if infected, antibiotics may be appropriate. Patients must be aged one year and over.

7 Urinary tract infection (UTI)

Community pharmacists can now treat uncomplicated urinary tract infections (UTIs) in females aged 16 to 64 years. If you have burning pain when passing urine, need to pass urine in the night or have cloudy urine, ask your local pharmacist for advice.

Pharmacists can't treat those who are pregnant or breast feeding and anyone who experiences recurring urinary tract infections.

Many pharmacies on the high street and in supermarkets are open late and at weekends – no appointment is needed.