



No prescription required - referral to local pharmacy

You have a short term illness that either does not require treatment or can be treated with a medication that is available to buy over the counter. Please visit your pharmacist for help and advice. You do not need to make an appointment to speak to the pharmacist, you can just drop in anytime.

Your pharmacist can give you help and advice on the most appropriate medication to relieve your symptoms for:

	Acute sore throat		Mild acne	
	Cold sore		Mild dry skin	
	Conjunctivitis		Sunburn (and sun protection)	
	Cradle cap		Mild hayfever	
	Haemorrhoids		Minor burn or scald	
	Infant colic		Pain and/or fever	
	Mild cystitis		Mouth ulcer	
	Mild dermatitis		Nappy rash	
	Dandruff		Oral thrush	
	Diarrhoea (adults only)		Ringworm or athlete's foot	
	Dry or sore eyes		Teething or mild toothache	
	Earwax		Threadworms	
	Excessive sweating		Travel sickness	
	Fungal nails		Upset stomach	
	Head lice		Vaginal thrush	
	Indigestion and heartburn		Warts and verrucae	
	Infrequent constipation		Other - please indicate	
	Infrequent migraine			
	insect bites and stings			

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 your GP for more advice.