

## Pharmacy First Common Ailments List

Patients with symptoms of the following conditions may be referred into this scheme.

No.	Symptom/Condition	Annual Limit (per person)
1	Bites and stings	4 supplies
2	Chickenpox	1 supply
3	Colds/Flu-like symptoms/Nasal congestion	4 supplies
4	Cold sores	4 supplies
5	Conjunctivitis (Acute bacterial)	4 supplies
6	Constipation (Acute)	4 supplies
7	Cough	4 supplies
8	Cystitis	2 supplies
9	Dermatitis/Dry skin/Allergic type skin rash	4 supplies
10	Diarrhoea (Acute)	4 supplies
11	Earache	4 supplies
12	Fever management	4 supplies
13	Fungal skin infections	2 supplies
14	Hayfever (Seasonal allergic rhinitis)	4 supplies
15	Haemorrhoids	4 supplies
16	Headache/Migraine	4 supplies
17	Heartburn/Indigestion	4 supplies
18	Infant colic	4 supplies
19	Mouth ulcers	2 supplies
20	Nappy rash (over two months) or Health Visitors	4 supplies
21	Oral thrush	2 supplies
22	Scabies	2 supplies
23	Sore throat	4 supplies
24	Sprains and strains	4 supplies
25	Teething (over two months) or Health Visitors	4 supplies
26	Threadworms	4 supplies
27	Vaginal thrush	2 supplies
28	Warts and verrucas	2 supplies

### **SAINSBURY'S CONTACT DETAILS:**

**Telephone Number                    01782 746153**

**Opening Hours                            07:00 – 23:00 Monday – Friday**  
**07:00 – 22:00 Saturday**  
**10:00 – 16:00 Sunday**  
**09:00 – 19:00 Bank Holidays**