



No prescription required - referral to local pharmacy

You have a short term illness that 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 athletes 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 verrucaes
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.