

# Got an itch? Tummy trouble? Tickly cough?



**Head to your local pharmacy.**

Did you know? Pharmacists across the North East and North Cumbria can offer advice and FREE treatment for a wide range of common conditions\* – just like having a prescription from your GP!

**Please ask your pharmacy team for more details and eligibility.**

**UTI's** non pregnant women 16–64 years

**Shingles** 18 years+

**Impetigo** 1 year+

**Sore throat** 5 years+

**Sinusitis** 12 years+

**Infected insect bites** 1 year+

**Earache** 1 to 17 years

Additional conditions can be treated, without the need to visit a GP. Ask a member of your pharmacy team about the minor ailments scheme.

## Step 1

**Go to your local community pharmacy (chemist) about your illness and they will offer advice.**

## Step 2

**If needed, you will be offered treatment and if you qualify, this will be given free of charge.**

## Step 3

**A suitable medicine may be offered to you.\***

\*You qualify for free treatment if you do not pay for your prescriptions.



**Find further information at:  
[www.thinkpharmacyfirst.health](http://www.thinkpharmacyfirst.health)**

