

New ways your pharmacist can help you



Your pharmacist can now treat you or give you medicines for some illnesses without you having to see a doctor first.



Your pharmacist can now help if you have:

- an earache and you may have a high temperature



- a dry, scratchy or sore throat



- a urinary tract infection (UTI) which can feel like a burning or a pain when you pee



- sinusitis which can be a blocked or bunged up nose



- shingles which can give you a rash and make you feel unwell



- impetigo which can give you an itchy rash



- infected insect bites which can be red and sore



Your pharmacist can now also help if you need oral contraception .



You can still speak to your doctor but your pharmacist will often be able to help. You do not have to book an appointment.

Find out more at [nhs.uk/thinkpharmacyfirst](https://www.nhs.uk/thinkpharmacyfirst)



This Easy Read was produced by NHS England for the NHS 'Pharmacy First' campaign .
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