**GPs are no longer routinely prescribing medications and treatments which can be bought over the counter. Please visit your local Pharmacy for advice and over the counter medication if you or a family member are experiencing any of the following minor ailments:**

**Acne (mild)**

**Burns and scalds (minor)**

**Cold sores of the lip (infrequent)**

**Conjunctivitis**

**Constipation (infrequent)**

**Cough colds, nasal congestion**

**Cradle cap**

**Cystitis (mild)**

**Dandruff**

**Dental caries (prevention)**

**Dermatitis (mild irritant)**

**Diarrhoea (acute) adults and children**

**Dry skin (mild)**

**Dry/sore tired eyes**

**Ear wax build up**

**Excessive sweating**

**Haemorrhoids**

**Hayfever and allergic rhinitis (mild/moderate)**

**Headlice**

**Indigestion/ heartburn**

**Infant colic**

**Insect bites and stings**

**Migraine/headache (infrequent)**

**Mouth ulcers**

**Nappy rash**

**Oral thrush**

**Pain conditions (minor)**

**Ringworm/athletes foot**

**Sun burn**

**Sun protection**

**Sore throat (acute)**

**Teething/mild toothache**

**Threadworm**

**Thrush in men and women**

**Travel/motion sickness**

**Warts and verrucae**

**These are all minor ailments & self-limiting conditions that are suitable for Self Care. In the year 2016/2017, the NHS spent approximately £569 million on prescriptions for medicines which could otherwise be purchased over the counter (OTC) from a pharmacy or other outlet such as a supermarket. Advice and guidance from a Pharmacist can be really helpful with the above complaints and will often avoid an unnecessary appointment at the GP surgery. If you feel unwell, speak to your community Pharmacist as your first port of call. They will be able to recognise symptoms of a minor ailment and offer advice or treatment accordingly. They will also recognise symptoms that are more serious or persistent in nature and may recommend you seek further medical advice.**

**You can always call NHS 111 which will help you find the right service.**