



Don't forget, your local Pharmacist can provide help and advice on all kinds of medicines-related problems and health issues, including:

- **Disposal of unwanted medicines**
- **Information about other people and organisations who can help with health and social care needs**
- **Help and ideas for caring for your own health and that of your family**
- **Advice on lifestyle improvements such as managing your weight, high blood pressure, diabetes and stopping smoking**

**So, remember, just ask for**

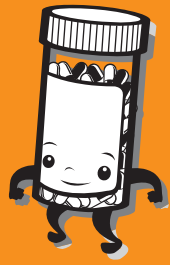
# **NHS Care at the Chemist!**



Go to [www.sthelensccg.nhs.uk](http://www.sthelensccg.nhs.uk) or [www.nhs.co.uk](http://www.nhs.co.uk) for more information

## **NHS Care at the Chemist**

Advice and treatment for minor illnesses — a fast and friendly service



## What's it all about?

The local NHS operates a minor ailments scheme that you can access via your local community pharmacy (chemist)

## Can I just call in to my local chemist?

Yes you can.

Simply call into your pharmacy and ask to be registered onto the scheme.

It is best if you use your usual pharmacy.

If you are using a pharmacy that does not know you, then you will be asked to prove your identity.

Please then take along: green prescription or repeat prescription tear-off section from your Halton, Knowsley, Liverpool or St Helens surgery, or any other identification with your name and address.

The scheme does not stop you seeing your GP in the normal way.

Under the scheme you can see your local Pharmacist for a confidential consultation, usually without an appointment, for a wide range of ailments.

If you don't pay for prescriptions, then any medication the Pharmacist prescribes will be free of charge.

## What treatments are provided?

Your local Pharmacist is able to give advice and prescribe a medicine from an agreed list to ensure the most appropriate treatment for your condition.

Some treatments are not available for children. Please discuss with your Pharmacist.

## Can I go to my Chemist with any ailment?

You can always ask your Pharmacist for advice about any ailment.

The following conditions can currently be treated by the NHS Care at the Chemist scheme:

- Coughs, colds and sore throats
- Pain or temperature
- Nasal congestion
- Diarrhoea
- Headache
- Cold sores
- Cystitis
- Allergies
- Athlete's foot
- Constipation
- Haemorrhoids
- Head lice
- Indigestion
- Mouth ulcers
- Minor eye infections
- Oral thrush
- Threadworm
- Thrush (genital)
- Warts and verrucas
- Minor skin reactions
- Teething
- Colic
- Ear wax
- Nappy rash

**Remember just ask for  
NHS Care at the Chemist**