



Becoming Self Care Aware: No Prescription Needed

You have been diagnosed with a condition that can be treated with over the counter medication which **you can buy from your local pharmacy**.

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you.

Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

	Acne		General wellbeing (vitamins, supplements and probiotics)
	Allergies		Haemorrhoids
	Athlete's foot		Head lice
	Conjunctivitis (> 2 years old)		Heartburn
	Cold sores		Indigestion
	Colic		Nappy rash
	Constipation (short-term)		Short-term pain
	Cough and / or cold		Sun protection
	Dandruff		Sweating
	Dental hygiene		Teething
	Diarrhoea (less than 72 hours)		Threadworms
	Dry eyes		Thrush
	Dry skin conditions (no clear diagnosis)		Travel protection
	Excessive earwax		Verrucas
	Food items (not on agreed guidelines)		Warts
	Fungal nail infection		Other (please indicate below)

Please note this is NOT a prescription