

# 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](http://nhs.uk/thinkpharmacyfirst)**