

# 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**



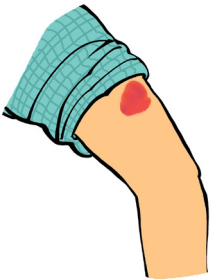
- sinusitis which can be a blocked or bunged up nose



- 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)**