



Every Child a  
Confident Learner

## Common problems your **Pharmacist** can help with

**Every year, millions of us visit our GP with minor health problems that our local pharmacist could resolve.**

But by visiting your pharmacy instead, you could save yourself time and trouble. Instead of booking and waiting for a GP appointment, you can visit your local pharmacist any time – just walk in.

All pharmacists can recognise many common health complaints. They can give advice or, where appropriate, medicines that will help clear up the problem.

If your problem is more serious and needs the attention of a GP, your pharmacist will recognise this and advise you to see your GP instead.

What's more, many pharmacies are open in the **evenings and on the weekends**.

Pharmacists will also provide you with a note stating you have presented your child and the advice/medication given. This can be used as proof of your child's absence from school.

### **Your pharmacist may be able to help with:**

- skin conditions, such as mild acne and mild eczema
- coughs and colds, including nasal congestion and sore throat
- minor cuts and bruises
- constipation and haemorrhoids (piles)
- hay fever and allergies
- aches and pains, such as headaches, earache and back pain
- indigestion, diarrhoea and threadworms
- period pain and thrush
- warts and verrucas, mouth ulcers and cold sores
- athlete's foot
- nappy rash and teething

### **Go to your GP or a walk-in centre for:**

- wound and dressing care
- muscle and joint injuries, including strains and sprains
- minor lacerations and cuts
- infected wounds

### **Go to accident and emergency (A&E) for:**

- head injuries or loss of consciousness
- suturing (stitches)
- foreign bodies
- suspected broken bones or heavy blood loss
- persistent chest pain or difficulty breathing
- overdose or poisoning

