

Help the NHS – why wait to see your GP or Practice Nurse?

Many medicines for minor ailments are available over-the-counter.

Pharmacists can help you manage:

- Coughs and colds
- Headaches
- Hayfever
- Allergic dermatitis
- Dry skin conditions
- Spots and acne
- Insect bites / stings
- Athlete's foot
- Indigestion
- Heartburn
- Constipation
- Piles
- Diarrhoea
- Verrucas
- Warts
- Head lice
- Teething
- Cold sores
- Sore mouth
- Thrush

The NHS logo, consisting of the letters 'NHS' in white on a blue rectangular background.

Mid Essex

Clinical Commissioning Group

