



**The following minor illnesses can be treated using over the counter medicines. Treatments for these conditions are no longer recommended on prescription. Please speak to your pharmacist.**

- Acute sore throat
- Conjunctivitis
- Coughs, colds and nasal congestion
- Cradle cap
- Dandruff (mild scaling of the scalp without itching)
- Diarrhoea (adults)
- Dry eyes/sore tired eyes
- Earwax
- Excessive sweating (hyperhidrosis)
- Fungal nail infections
- Haemorrhoids
- Head lice
- Infant colic
- Infrequent cold sore of lips
- Indigestion and heartburn
- Infrequent constipation
- Infrequent migraine
- Insect bites/stings
- Mild cystitis
- Mild irritant dermatitis
- Mild acne
- Mild dry skin
- Mild to moderate hay fever/seasonal rhinitis
- Minor burns/scalds
- Minor conditions associated with pain, discomfort and/or fever (e.g. aches and sprains, headache, period pain, back pain)
- Mouth ulcers
- Nappy rash
- Oral thrush
- Prevention of dental cavities
- Probiotics
- Ringworm/Athlete's foot
- Sunburn due to excessive sun exposure
- Sun protection
- Teething/mild toothache
- Threadworm
- Travel sickness
- Upset stomach
- Vaginal thrush
- Vitamins and minerals for prevention/maintenance.
- Warts and verrucae

If your symptoms are not improving after a few days of treatment with the over the counter medications, you should contact the local pharmacist or your GP for more advice.

**Take care of yourself and your NHS will take care of you**

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