

MINOR AILMENTS

Did you know that it costs the NHS around **four times** more to provide medicines for some minor ailments than it does for you to buy them?

Here are just a few minor ailments that can be managed by advice and medication from your local pharmacy or supermarket:

Acne

Athlete's foot

Back ache

Blocked nose

Cold sores

Common cold

Conjunctivitis

Constipation

Contact dermatitis

Cough

Cystitis

Diarrhoea

Dry skin

Earache

Ear wax

Eczema

Haemorrhoids

Hay fever

Headache

Head lice

Indigestion / heartburn

Infant colic

Insect bites / stings

Migraine

Mouth ulcers

Nappy rash

**Nasal congestion
(infant)**

Oral thrush

Pain

Scabies

Sore throat

Sprains and strains

Teething

Temperature / fever

Threadworms

Toothache

Vaginal thrush

Verruca / warts

Please help to save NHS resources. Only request a prescription for a minor ailment if you really have to.