

## When you or your family are unwell, you may not always need to make an appointment to see your GP (family doctor).

Pharmacists are experts in the use of medicines.

Your local community pharmacist is a trained medical professional who can provide free expert advice on the best treatment for a wide range of illnesses and minor ailments.

You can visit a community pharmacy without the need to make an appointment. Several pharmacies in the city are open until late evening and on Sundays.

As well as free medical advice, your local pharmacy can now provide free medication for some illnesses and minor ailments under a scheme called **PHARMACY FIRST**.

**PHARMACY FIRST** allows people who receive free prescriptions to go straight to their pharmacist to receive treatment, for selected minor ailments, without needing to visit their GP to get a prescription.



## Use medicines safely

- Store medicines out of reach and sight of children. Keep them in the original container with their instructions
- Medicines prescribed for you should never be used by anyone else, even if they have similar symptoms
- Never put medicines (tablets, capsules, liquids, creams, inhalers or herbal products etc.) into the household rubbish, down the sink or toilet as they will cause pollution
- Return any unwanted or out of date medicines (prescribed or bought) to any NHS pharmacy to be safely destroyed

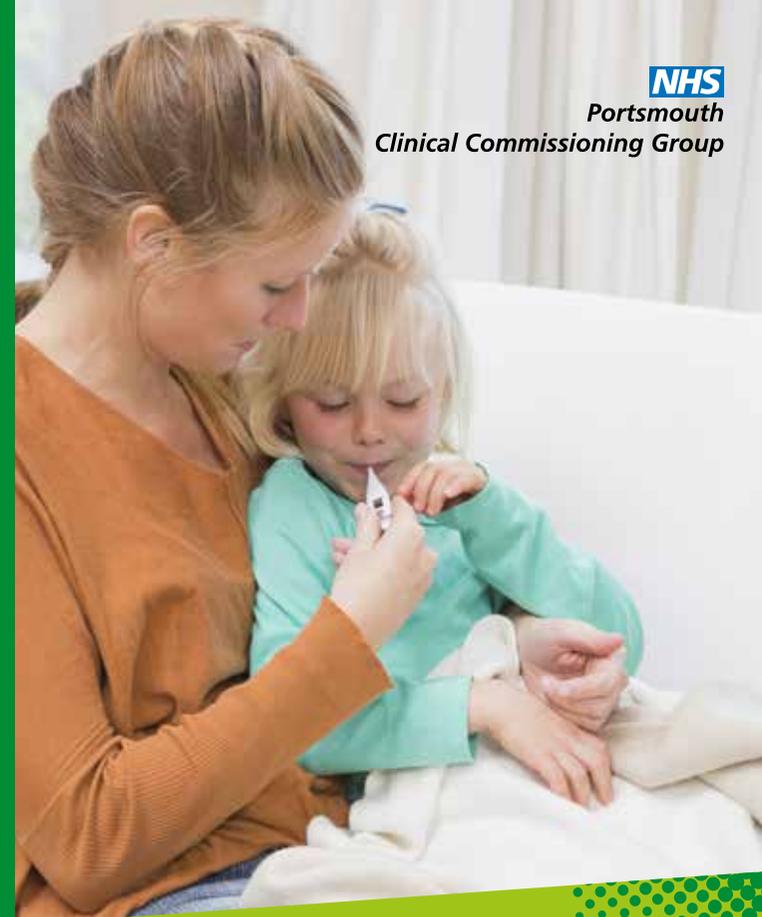
## More information

For more information including opening times you can visit:

[www.portsmouthccg.nhs.uk/pharmacyfirst.htm](http://www.portsmouthccg.nhs.uk/pharmacyfirst.htm)

For urgent problems when your GP and pharmacy are closed phone **NHS 111**

**NHS**  
Portsmouth  
Clinical Commissioning Group



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# Minor Ailments Service

From your local  
Community Pharmacy

**PHARMACY  
FIRST** >>>

## Who can use the scheme?

The scheme is for people who live in Portsmouth and / or are registered with one of our Portsmouth GP practices.

Many people who are entitled to free prescriptions will be able to receive medicine for free, if it is needed. This scheme is particularly useful for those on low incomes including:

- **Adults (and their children) who are entitled to free prescriptions on the grounds of low income**
- **People over the age of 60 on state pensions**
- **People aged 16-18 years in full time education**

Other people who are entitled to free prescriptions may also use the scheme – but please consider NHS resources and if you can easily afford to purchase the medication then consider doing so.

If you are not entitled to free medicines on the **PHARMACY FIRST** Scheme you can still get free advice from your pharmacy. All treatments used in the scheme may be purchased over the counter for less than a prescription charge.

**PHARMACY  
FIRST** >>>

## What minor illnesses or conditions are covered?

- **Athletes foot**
- **Bites and stings**
- **Colds and Flu**
- **Conjunctivitis (sticky eye)**
- **Constipation**
- **Coughs**
- **Dermatitis**
- **Diarrhoea**
- **Earache**
- **Ear wax**
- **Hay fever**
- **Head lice**
- **Headaches**
- **Indigestion**
- **Nappy rash**
- **Sore throat**
- **Teething**
- **Threadworms**
- **Warts and verrucae**

Conditions may change. Check website for further details.



## What do I have to do?

If you have one of the conditions listed:

- Go to a Portsmouth pharmacy displaying the **PHARMACY FIRST** logo (You must go in person and not ask a friend or family member to go on your behalf)
- If you are entitled to free prescriptions, take evidence of your entitlement and proof of your name and address
- You will be seen as soon as possible without having to make an appointment. You will be offered the use of the consultation room to discuss things in private
- Discuss your health concerns and the symptoms you are experiencing. If you are taking any medicines let the pharmacy staff know
- You will be given advice about managing your symptoms. If you need medication and are entitled to free prescriptions then you will get this for free. However you will not always need medication
- Follow any advice you are given about what you can do to make yourself better. If you are given any medicine, follow the instructions on how to use it
- The pharmacist will let you know if they think you need to see a doctor because of your symptoms.