



The following minor illnesses can be treated using over the counter medicines. NHS ENGLAND no longer support the prescribing of treatments for the short term conditions listed below. Please speak to your community pharmacist or purchase appropriate products from your local supermarket.

- Acute sore throat *
- Conjunctivitis *
- Coughs, colds and nasal congestion *
- Cradle Cap (do not use on broken skin)
- Dandruff (mild scaling of the scalp without itching) *
- Diarrhoea (adults only) *
- Dry eyes/sore tired eyes
- Earwax *
- Excessive sweating (hyperhidrosis)
- Haemorrhoids *
- Head lice *
- Infant colic
- Infrequent cold sore (lips only)
- Indigestion and heartburn *
- Infrequent constipation *
- Infrequent migraine *
- Insect bites/stings *
- Mild cystitis (women only)
- Mild irritant dermatitis *
- Mild acne *
- Mild to moderate hay fever/seasonal rhinitis *

- Mild dry skin
- Minor burns/scalds (external use only)
- Minor conditions associated with pain, discomfort and/or fever * (e.g. aches and sprains, headache, period pain, back pain)
- Mouth ulcers *
- Nappy rash (external use only)
- Oral thrush *
- Prevention of dental cavities *
- Probiotics
- Ringworm/athletes foot *
- Sunburn due to excessive sun exposure
- Sun protection
- Teething/mild toothache *
- Threadworm *
- Travel Sickness *
- Vitamins & minerals (prevention/maintenance)
- Warts and verrucae *
- Fungal nail infections *
- Upset stomach
- Vaginal thrush *

*** Some products have exceptions : age/ pregnancy/ breastfeeding / symptoms.**

Always read the label of products you consider buying, or consult your Community Pharmacy staff for advice before buying. If your symptoms are not improving after a few days of treatment with your purchased medication, you should contact the local community pharmacist or your GP for more advice.

For further information scan the QR code.

