

Every year, millions of us visit our GP with minor health problems that a local pharmacy could help with.

Take our quiz below to find out how you can save yourself time and trouble getting health advice for minor conditions this winter and beyond.

1 Your local pharmacist offers quick and easy access to advice and treatment on the following: (Please tick one)

Mild skin conditions, such as acne, eczema, psoriasis, impetigo, athlete's foot

Coughs and colds, including blocked nose (nasal congestion), and sore throats

Bruises, sunburn, and minor burns and scalds

Constipation and piles (haemorrhoids)

Hay fever, dry eyes and allergies (including rashes, bites and stings)

Aches and pains, including earache, headache, migraine, back pain and toothache

Vomiting, heartburn, indigestion, diarrhoea and threadworms

Period pain, thrush and cystitis

Head lice (nits)

Conjunctivitis, cold sores and mouth ulcers

Warts and verrucas

Nappy rash and teething

All these conditions

2 You can see a pharmacist for expert health advice locally between the hours of: (Please tick one)

9am – 5pm

8am – 6pm

24 hours

7am - midnight

All of the above

3 Where, apart from your GP, can you get advice on minor health conditions? (Please tick one)

NHS Choices

Community nurse

Pharmacist

All of the above

4 Will the pharmacist know which treatments I can use with any other medication I am taking?

Yes

No

5 Pharmacists all charge the same for medicines and treatments for minor conditions.

True

False

[Click here](#)
to reveal the
answers

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- | | |
|--|--|
| <input type="checkbox"/> Mild skin conditions, such as acne, eczema, psoriasis, impetigo, athlete's foot | <input type="checkbox"/> Vomiting, heartburn, indigestion, diarrhoea and threadworms |
| <input type="checkbox"/> Coughs and colds, including blocked nose (nasal congestion), and sore throats | <input type="checkbox"/> Period pain, thrush and cystitis |
| <input type="checkbox"/> Bruises, sunburn, and minor burns and scalds | <input type="checkbox"/> Head lice (nits) |
| <input type="checkbox"/> Constipation and piles (haemorrhoids) | <input type="checkbox"/> Conjunctivitis, cold sores and mouth ulcers |
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- NHS Choices
- Community nurse
- Pharmacist
- All of the above**

4 Will the pharmacist know which treatments I can use with any other medication I am taking?

- Yes**
- No

5 Pharmacists all charge the same for medicines and treatments for minor conditions.

- True
- False**

Answers

QUESTION 1

Community pharmacists can offer advice and treatment on all these conditions.

[Learn more](#) about how your pharmacist can help with treating common conditions.

QUESTION 2

There will be a pharmacy near to you that is open in the early morning or late into the evening for expert health advice, treatment for minor conditions and prescriptions.

[Find Pharmacy Services](#)

QUESTION 3

All of the above could advise you on minor conditions but the pharmacist can help recognise and treat many common illnesses without an appointment. They can give advice quickly, in private, and where appropriate, recommend over-the-counter medicines that could help clear up the problem. If they think you need to see a GP for your illness, they will advise you to do that.

QUESTION 4

The pharmacist will be able to advise on how any medication you take for other conditions will interact with any treatments they recommend for minor ailments.

QUESTION 5

Medication and treatments for minor conditions are available from pharmacies, supermarkets and many other shops. Use price comparison websites and shop around where possible to find the best product for you.