

Community Pharmacy Minor Ailment Scheme



Pharmacies in Cumbria
can now give free advice and
treatment* on a range of minor
health problems

Can I go to any pharmacy?

Yes, pharmacies in Cumbria are taking part in the scheme, so pop into your local pharmacy or visit www.cumbriaccg.nhs.uk for more details

Feedback

If for any reason you are not satisfied with the treatment or service you have received from this scheme; or if you have any comments, complaints or feedback for this service, please let us know by informing the pharmacy involved.

Health advice

For health advice or information concerning your medication please contact your local community pharmacy, GP surgery or visit NHS Choices website www.nhs.uk

for more information...

To find out more about the Minor Ailments Scheme, talk to the pharmacy or reception staff at your GP surgery today.

FAQs

Is the service confidential?

Yes, everything you say in the pharmacy is confidential.

Will I need an appointment to be treated in the pharmacy?

One of the great things about this scheme is that you do not need an appointment. You can just pop in when you need to.

*Will I have to pay for my advice and treatment?

Pharmacies are able to offer free advice to everyone, so please remember to use your local pharmacy for help and guidance.

Also, if you do not normally pay a prescription charge, pharmacies are able to provide you with advice and/or medicines for minor conditions free of charge.



How does the scheme work?

All you need to do is visit your local community pharmacy.

What information will I be asked for in the pharmacy?

You will be asked about your symptoms and any other medication you might be taking, in order to give you the correct advice.

You will be advised the best way to manage your symptoms.

The minor ailments scheme covers a range of short term treatments (see list). You may need to be sent back to your GP if more treatment is necessary or if the condition is not covered by the scheme.

If appropriate, you will be supplied with medicine to treat your symptoms.



Cumbria

What treatments does the scheme cover?

Digestive Disorders

Indigestion
Heartburn
Infant Colic - Counselling only
Constipation
Diarrhoea
Haemorrhoids

In Pregnancy

Heartburn
Constipation
Haemorrhoids
Coughs and Colds
Headache and Backache
Hay Fever
Head Lice

With counselling available where over-the-counter treatments are not available.

Pain and Inflammation

Mouth Problems

Oral Fungal Infection
Mouth Ulceration/Inflammation
Teething
Oral Thrush

Eyes

Hay Fever - Eye symptoms
Bacterial Conjunctivitis*
Dry Eyes

*children aged under 2yrs need to visit their GP

Infections

Vaginal Thrush
Fungal Skin Infection
Cold Sores
Warts or Verrucas
Threadworm
Head Lice
Scabies
Crab Lice
Cystitis/Urinary Infections
Athletes foot

Skin Allergy/Itch

Hay Fever
Acne
Eczema
Allergy/Itch
Nappy Rash
Scalp Disorders
Bites and Stings

Ear Wax

Nasal/Cough Congestion

Hay Fever
Cough
Cold
Flu
Sore Throat

Children

Pain
Fever
Earache
Coughs, colds and snuffles