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Don't wait until  
it gets worse, ask  
your pharmacy  
team first.

**HELP US  
HELP YOU**

BEFORE IT GETS WORSE

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# **NHS ‘Help Us Help You’ before it gets worse**

Help us help you by speaking with your local pharmacy team about minor health concerns before they get worse. They can help with clinical advice for all sorts of illnesses right there and then, and if your symptoms suggest it’s something more serious, they have the right training to ensure you get the help you need.

If they think it is something more serious they can make sure you get the help you need from a doctor or at a hospital.

## **Why visit the pharmacy?**

Pharmacists are qualified healthcare professionals with the clinical know-how to give you the help you need. They can assess your minor illness and recommend the right treatment, whether it’s over-the-counter medicines, a few days rest or a bit of reassurance.

# **What can pharmacists help you with?**

They are the right people to see for minor health concerns such as:

- Sore throats
- Coughs, colds and flu
- Tummy troubles
- Aches and pains
- Red eyes
- Sleeping problems
- Athlete's foot
- Mouth ulcers
- Constipation and diarrhoea

## **The quickest way to get the help you need.**

You can talk to the pharmacist or pharmacy technician in your local pharmacy. Most people live within easy reach of one, and with many now offering longer opening hours, it's easier to get the help and advice you need, without booking an appointment.

## **Did you know?**

The pharmacy team can help with many other aspects of healthcare. They can provide healthy living services and support to help you to quit smoking, reduce alcohol consumption and lose weight. Your pharmacy team can also assist with clinical activities such as explaining how to take new medicines.

For more information and to help you find your nearest pharmacy, visit [nhs.uk/pharmacyadvice](https://www.nhs.uk/pharmacyadvice)

**‘Help Us Help You’ before it gets worse**

This leaflet is available in this and other alternative formats from the pharmacy advice website or by emailing [enquiries@phe.gov.uk](mailto:enquiries@phe.gov.uk)

[nhs.uk/pharmacyadvice](https://www.nhs.uk/pharmacyadvice)

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