**Think Pharmacy First Advice and treatment**

Pharmacists can give you advice on a range of conditions and suggest medicines that can help.

They may also be able to offer treatment and some prescription medicine for some conditions, without you needing to see a GP (this is called [**Pharmacy First**](https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/)). Conditions they can treat as part of Pharmacy First are:

•               [**earache**](https://www.nhs.uk/conditions/ear-infections/) (aged 1 to 17 years)

•              [**impetigo**](https://www.nhs.uk/conditions/impetigo/) (aged 1 year and over)- a contagious skin infection

•              [**infected insect bites**](https://www.nhs.uk/conditions/insect-bites-and-stings/) (aged 1 year and over)

•               [**shingles**](https://www.nhs.uk/conditions/shingles/) (aged 18 years and over)- infection that causes a painful rash

•               [**sinusitis**](https://www.nhs.uk/conditions/sinusitis-sinus-infection/) (aged 12 years and over)- infection of the sinuses (behind the forehead, cheeks and nose)

•               [**sore throat**](https://www.nhs.uk/conditions/sore-throat/) (aged 5 years and over)

•               [**urinary tract infections**](https://www.nhs.uk/conditions/urinary-tract-infections-utis/) or UTIs (women aged 16 to 64 years)

**If you have one of these conditions you can walk into your local pharmacy.**

The pharmacist will offer you advice, treatment or refer you to a GP or another healthcare professional if needed.

Pharmacies will update your GP health record.

If you are not within these age ranges, a pharmacist can still offer advice, but you may need to see a GP for treatment.

Find a Pharmacy: [**https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fservice-search%2Fpharmacy%2Ffind-a-pharmacy&data=05%7C02%7Cgeorge.helm%40nhs.net%7C8aa9befff0d24551874c08dd0589289e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638672808833660569%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=C%2Fo7JYslnmDNsXoKJqE%2F9SmYOZXXAPvabuMOYYddNGo%3D&reserved=0)

**Getting the contraceptive pill without a prescription**

You may be able to get the contraceptive pill from a pharmacy if you need to:

•               start the contraceptive pill for the first time

•               take the contraceptive pill again after a break from using it

If you already have a prescription for the contraceptive pill, you can use the prescription as usual. Or you can get the pill from a pharmacy without a prescription if you prefer.

[**Find a pharmacy that offers the contraceptive pill without a prescription**](https://www.nhs.uk/nhs-services/pharmacies/find-a-pharmacy-offering-contraceptive-pill-without-prescription/)

**Get a free blood pressure check**

You can get a free blood pressure checked at a pharmacy without seeing a GP, if you:

•               are aged 40 or over

•               live in England

You cannot get a free blood pressure check if you:

•               already have high blood pressure

•               have had your blood pressure checked by a healthcare professional in the past 6 months

[**Some pharmacies offer a free blood pressure check. Click here to find a pharmacy that offers free blood pressure checks.**](https://www.nhs.uk/nhs-services/pharmacies/find-a-pharmacy-that-offers-free-blood-pressure-checks/)