



Ask advice from your local Pharmacist before seeking your Doctor.



Pharmacists are experts in medicines and their use. They also offer health advice to patients.

If you have a Cold or Flu Symptoms Please go to your Local Pharmacist for advice; **You only need to see your GP if:**

- Your symptoms persist for more than three weeks
- You have a high temperature (fever) of 39°C (102.2°F) or above
- You cough up blood-stained phlegm (thick mucus)
- You feel chest pain
- You have breathing difficulties
- You experience severe swelling of your lymph nodes (glands) in your neck and/or armpits

Have a problem but not sure who best to see

Do have any of the following symptoms?

If the answer is **Yes** then please ask to be seen by a [Nurse](#)

Abdomens	Earache	Neck ache
Ankles	Elbow's	Nappy Rash
Athlete's Foot	Eyes	Paronychia (Whitlow)
Bites	Emergency Contraception	Period Pains
Balanitis	Fungal Infection	Rashes
Breathlessness	Fever in a Child	Scabies
Cough	Flu Symptoms	Sinusitis
Constipation	Glandular Fever	Sore Throat
Cystitis	Headache	Threadworms
Chestiness	Hayfever	Temperatures
Diarrhoea	Eczema	UTI (Urinary Tract Infection)
Dermatitis	In-growing toenails	Vaginal Discharge
Dizziness	Infection (Skin)	Vertigo
	Generally Feeling Unwell	