



Contact or visit a local community pharmacy for help and support from a qualified healthcare professional for:

Clinical advice and treatment for a range of minor illnesses. If it's something more serious, they can point you to the right place.



Confidential advice on healthy eating, exercise, contraception, stopping smoking and getting your blood pressure checked if you're 40 or over.

Support with taking medicines (including inhalers), managing changes to your medicines and flu and covid vaccinations if you are eligible.



www.nhs.uk/find-a-pharmacy