



**Do not wait for your illness to get worse, speak to your pharmacy team first**



EasyRead version

**HELP US  
HELP YOU**

**BEFORE IT GETS WORSE**



If you are feeling ill or have a health worry, you can get help by speaking to your pharmacist.



Pharmacists work in pharmacies or chemist's shops. This might be the place you get your medicines from.



They can help you there and then before your illness gets worse.

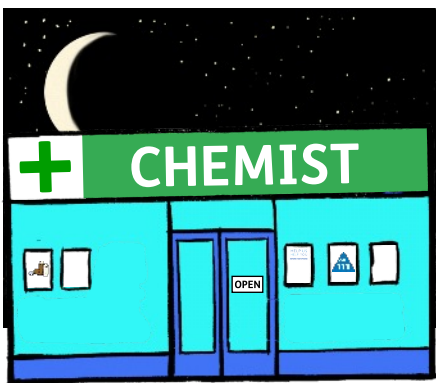


They can give you advice about any minor illness or health worry.

# Why visit a pharmacist?



Speaking to your pharmacist is the quickest and easiest way to get help and advice.



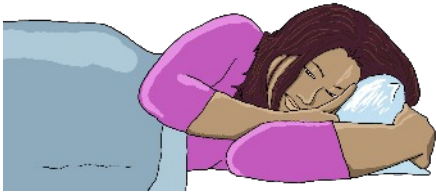
You do not need to book an appointment and many pharmacies are now open for longer hours.



They can quickly tell you what you need to do to get better.



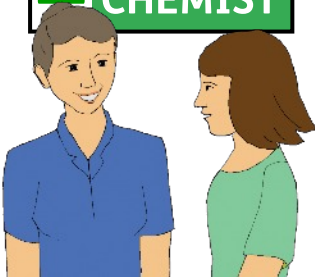
This might be to take a medicine the pharmacist can give you.



Or they might tell you to have a few day's rest.



If they think it is something more serious, they can make sure you get the help you need.



You can talk to anyone who works in your local pharmacy.

# What should I ask about?

You can ask the pharmacist about things like:



- sore throats



- coughs, colds and flu



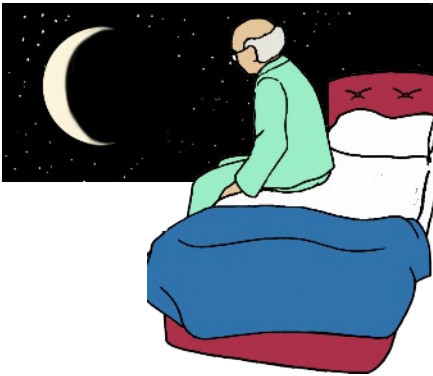
- tummy troubles



- aches and pains



- red eyes



- problems sleeping



- infections like athlete's foot



- mouth ulcers



- problems pooping.

# What else can they help with?

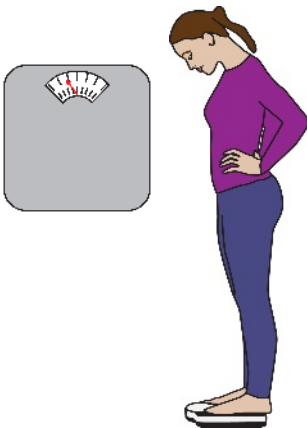


Pharmacists can also help with lots of other things like:

- giving up smoking



- drinking less



- losing weight.



They can also help by telling you how to take new medicines.



For more information and to help you find your nearest pharmacy, go to the website at:

**[www.nhs.uk/pharmacyadvice](http://www.nhs.uk/pharmacyadvice)**



This leaflet is available on the website or you can order copies by emailing:

**[enquiries@phe.gov.uk](mailto:enquiries@phe.gov.uk)**

This leaflet has been produced by The APS Group, BDS Communications and Inspired Services Publishing for Public Health England and NHS England.

Ref ISL212 18. February 2019.



It meets the European EasyRead Standard.



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Product code 501078/ER