

Pharmacy First

Getting support from pharmacies in Brighton and Hove



**Find out more about the services you can get
from local pharmacies inside**

You can get advice and treatment, where appropriate, from any pharmacy for the following conditions:

Sinusitis

12 years and over

Pain, swelling, tenderness around your cheeks, eyes or forehead, a blocked or runny nose, reduced sense of smell, green or yellow mucus from your nose, fever.

Shingles

18 years and over

Tingling or painful feeling in an area of skin, headache, feeling unwell. A rash will usually appear a few days later. In rare cases shingles can cause pain without a rash.

Uncomplicated Urinary Tract Infection (UTI)

Women 16 to 64 years

Needing to pee more often, pain or burning, sudden urgent need to go, cloudy urine.

Infected insect bite

1 year and over

Swollen, painful, hot, fever, swollen glands, increasing pain, red area around bite, feeling unwell.

Impetigo

1 year and over

Red sores, blisters, patches look like cornflakes stuck on skin, itchy and painful.

Sore throat

5 years and over

Painful throat, especially when swallowing, a dry, scratchy throat, swollen neck glands.

Earache

1 to 17 years

Earache, fever, being sick, a lack of energy, slight hearing loss, middle ear filled with fluid.

Some pharmacies also offer additional services

To find a local pharmacy use the QR code for the service you need or find out more at www.trustdevcom.org.uk/pharmacy-first

Help to stop smoking



Emergency contraception



Free condoms and advice with the C-Card app



Contraceptive pills without prescription



Free blood pressure checks for people over 40 with no hypertension diagnosis



Or ask in your local pharmacy about accessing these services.



Things to expect

- You will be asked questions, including your age for some conditions and you may be referred on to another service if you have signs or symptoms of other conditions.
- Medication can be supplied to you where it is needed.
- Pharmacists can supply certain prescription only medicines where appropriate, without the need to visit a GP.
- The service is free of charge, but the normal prescription charge rules will apply to medicines supplied. You will need to complete the back of the form to claim any exemption from the prescription charge.
- The contraceptive pill is free and emergency hormonal contraception (EHC) is free to under 25 year olds.