



Help Me Quit scheme

Did you know that you can get free advice or medication for 26 common ailments at your local pharmacy?

The Common Ailments Service covers 26 everyday conditions and is available at all community pharmacies in Swansea Bay.

Pharmacists can offer advice and free over-the-counter treatments for a number of ailments without the need to see a doctor first.

All you have to do is register with the pharmacy to be able to use the service, which only takes a few minutes.

Each community pharmacy has a private room where the consultations are held.

The 26 ailments covered are:

acne, athlete's foot, back pain, chickenpox, cold sores, colic, conjunctivitis, constipation, diarrhoea, dry eyes, dermatitis, haemorrhoids, hay fever, head lice, indigestion, in-growing toenails, ringworm, mouth ulcers, nappy rash, oral thrush, scabies, sore throat/tonsillitis, teething, threadworms, vaginal thrush, and verruca.

You can find more information about the Common Ailments Service on our website: <https://sbuhb.nhs.wales/communi.../primary-care/pharmacists/>

Boots, Morfa
Knights Pharmacy, Cwmfelin
Lewis Chemist, Brynhyfryd
Tesco instore Pharmacy, Fforestfach
Treboeth Pharmacy
Well, 118 Ravenhill Road
Well, 147 Ravenhill Road
Well, Manselton Road
Well, Conway Road