Community Pharmacies and Winter Health
As we move into the winter months, community pharmacies can provide fast and convenient access to healthcare advice and treatment, helping children get the support they need quickly and reducing time away from school.

Many parents are unaware of the range of NHS services available from their local pharmacy, including **NHS Pharmacy First**

Parents can take children aged at least **1 year and over** directly to a participating pharmacy for assessment and treatment of common conditions without needing a GP appointment. This includes:

Earache (ages 1-17)

- **Sore throat (ages 5 years and over)**
- **Sinusitis (ages 12 years and over)**
- Impetigo
- Infected insect bites
- Shingles
- Uncomplicated urinary tract infections in women aged 16-64

Pharmacists can provide advice and, where appropriate, supply NHS-funded prescription medicines.

Minor Illness Advice Pharmacists can offer expert advice on managing:

- Coughs and colds
- Fever
- Chickenpox
- Hay fever and allergies
- Sickness and diarrhoea
- Head lice
- Mild skin conditions

Childhood Vaccinations While routine childhood vaccinations are delivered through GP practices, pharmacies can help families access information about seasonal vaccinations and signpost to local services.

Preventing Illness Over Winter Community pharmacy teams can provide advice on: Managing winter viruses

- Healthy eating and hydration
- Supporting children with asthma and other long-term conditions
- Appropriate use of medicines

Advice for the Whole Family Many pharmacies also provide services for adults, including flu vaccinations, blood pressure checks, contraception services, and NHS advice on staying well during winter. **Most pharmacies offer walk-in consultations with no appointment required, making them an accessible first point of contact when a child becomes unwell.**

Parents can find their nearest pharmacy and available services by visiting the NHS website at: www.nhs.uk/service-search/pharmacy

Community pharmacies play an important role in supporting families and helping children stay healthy, reducing the need for GP appointments and helping children remain in school whenever possible. Further information is available at New patient-facing website to promote NHS pharmacy clinical services - Community Pharmacy England