



Healthier Together

NHS

Hampshire and Isle of Wight

Not sure how
to treat
coughs, colds,
scrapes and
sniffles?

Download the Healthier
Together app or visit:
what0-18.nhs.uk

Healthier Together provides advice for parents on every common injury and illness your child or teenager might experience, including mental health problems. If you're not sure what the best way to treat something is, or whether it's time to seek help, Healthier Together has the answer.



Did you know that we offer **FREE** treatment and advice for the following conditions:

 **Sinusitis**
From ages 12-65+

 **UTI infections In Women**
From ages 16-64

 **Earache**
From ages 1-17

 **Impetigo**
From ages 1-65+

 **Shingles**
From ages 18-65+

 **Insect Bites**
From ages 1-65+

 **Sore Throat**
From ages 3-65+

Ask our friendly pharmacy team for more information.



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FREE

Blood Pressure Checks



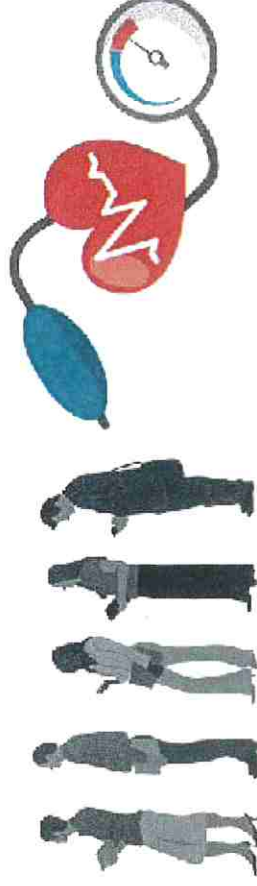
You are eligible if:

- Over 40 years old
- No pre-existing diagnosis of high blood pressure or atrial fibrillation
- Not had a free BP check in the last 6 months

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Think Pharmacy First!

Did you know that you can take your child to your local pharmacy and get treatment for five medical conditions?

These are:

- Ear ache (children aged 1-17)
- Sore throat (over 5s)
- Infected insect bites (over 1s)
- Impetigo (over 1s)
- Sinusitis (aged 12 and over)



If your child is poorly with any of the above conditions, by going straight to your local pharmacy you can have a consultation with a trained pharmacist and receive advice and even medication (if appropriate) and your child can get back to school sooner.



Visit our Pharmacy First website to find out more.

