

Student Health - Pharmacy and Self-Care

Pharmacists can provide advice and treatment for a lot of common health complaints such as:

- Coughs, colds, flu and sore throats
- Minor cuts, bruises, strains and sprains
- Skin conditions e.g. mild acne & eczema
- Athlete's foot, verrucas, warts
- Hay fever and allergies
- Aches and pains, such as backache
- Headaches, earache, toothache
- Thrush treatments
- Conjunctivitis
- Sore mouth and cold sores
- Diarrhoea, vomiting & indigestion
- Constipation
- Urinary tract infections

A pharmacist can advise on the best treatments and you don't have to make an appointment nor wait long to be seen.

Sexual Health - At any SAFE branded pharmacy, if you are under 25, you can access free emergency contraception, free pregnancy testing, free Chlamydia testing and treatment, and free condoms if you already have a C card. To obtain a C-card see Sexual Health.

For further information about self treatment of minor illnesses and services offered by pharmacists take a look at the [NHS Choices website](#).