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| 1 | Mouth ulcers     | Mouth ulcers are rarely a sign of anything serious but may be uncomfortable. Special mouthwashes, painkilling tablets and lozenges are available from pharmacies without prescription.There's more self-care advice on the NHS website: <https://www.nhs.uk/conditions/mouth-ulcers/>   |
| 2 | Multivitamins     | Your local pharmacy will stock a range of vitamins and multivitamins to support your body's natural defences against illness. Speak to your pharmacy team about your individual requirements. Link to pharmacy finder |
| 3 | Constipation     | Constipation affects people of all ages. You can usually treat it at home with simple changes to diet and lifestyle. A member of the pharmacy team can also help. Find out more – including when you might need to see a GP – on the NHS website: <https://www.nhs.uk/conditions/constipation/>   |
| 4 | Vitamin D     | The NHS recommends people take Vitamin D supplements during autumn and winter, as the sun is not strong enough and it's hard for people to get Vitamin D from food alone. Speak to your pharmacy team or visit the NHS website for more self-care advice: <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>   |
| 5 | Piles     | Ask a member of the pharmacy team about treatment for piles. Many pharmacies have private areas to discuss personal matters. If there's no improvement after treatment, you may need to speak to your GP. Find out more on the NHS website: <https://www.nhs.uk/conditions/piles-haemorrhoids/>   |
| 6 | Thrush     | Thrush is a common yeast infection that affects men and women. You can obtain antifungal medicine from pharmacies if you've had thrush diagnosed in the past and you know the symptoms. Visit the NHS website to find out more self-care advice: <https://www.nhs.uk/conditions/thrush-in-men-and-women/>   |
| 7 | Head lice     | Head lice and nits are very common in children and their families. Seek advice and support from your local pharmacy team. There's more self-care care advice on the NHS website: <https://www.nhs.uk/conditions/head-lice-and-nits/>   |
| 8 | Cold sores     | If you have a cold sore, a member of the pharmacy team can recommend treatments to ease pain and irritation, and speed up healing time. Find more self-care advice on the NHS website: <https://www.nhs.uk/conditions/cold-sores/>   |
| 9 | Sore Throat     | Sore throats are not usually anything to worry about. There are lots of remedies available from your local pharmacy and there's more self-care advice on the NHS website: <https://www.nhs.uk/conditions/sore-throat/>   |
| 10 | Diarrhoea     | Episodes of diarrhoea and vomiting are often caused by a stomach bug and should stop in a few days. You can get treatments from your local pharmacy. For more information, visit the NHS website: <https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>   |
| 11 | Vitamin D     | If you think you may need Vitamin D supplements to support your body's natural defences against illness, speak to your pharmacy team or find out more on the NHS website: <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>   |
| 12 | Paracetamol for children / cough syrups     | You can obtain paracetamol-based syrups for children from your local pharmacy without prescription. To learn more, visit the NHS website: <https://www.nhs.uk/medicines/paracetamol-for-children/>   |
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