

# Get in the know about minor ailments

If you are generally in good health, you can look after minor ailments yourself. In most cases the illness will get better by itself and so you don't need to use your GP practice or another NHS service.

## Antibiotics

Taking antibiotics when you do not need them can mean they will not work for you in the future. Antibiotics do not work for viral infections such as colds and flu, and most coughs and sore throats and so an appointment at your GP practice for a prescription for such illnesses will be unnecessary.

## Where to get support to look after minor ailments

### Useful websites

- Your practice website
- NHS website - Visit: <https://www.nhs.uk/conditions/>
- NHS Leicester, Leicestershire and Rutland - Visit: [www.GetInTheKnow.co.uk](http://www.GetInTheKnow.co.uk) for local sources of minor ailment advice, including support for your mental health.

### NHS app

The NHS App is a simple and secure way for people to access a range of NHS services on their smartphone or tablet, including getting health advice. It is available to download on iOS and Android devices.

### NHS 111 online

Visit [111.nhs.uk](http://111.nhs.uk) to find out where to get help for your specific symptoms or general health information and advice.

### Pharmacy

Pharmacists are qualified health professionals and are the right people to see if you need advice or over-the-counter medicines.

They are trained in dealing with many illnesses, they can check your symptoms and recommend the best treatment, or just reassure you. Some of the problems they can help with are: coughs, colds, sore throats, earache, toothache and emergency contraception. They can also tell you when you need to see a doctor or nurse.

Many of us live near a pharmacy and you don't need an appointment to see them.

They are often open in the evenings and at weekends, so they offer fast, convenient support.

Most of them also have a private consultation room, so you can have a conversation where other people can't hear you.

Visit: <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>



[www.GetInTheKnow.co.uk](http://www.GetInTheKnow.co.uk)



**NHS**

Leicester, Leicestershire  
and Rutland