

Cough

What is it?

- Chesty cough where there is significant mucus that is not being adequately removed, or dry cough which is causing disturbed sleep.

Who is eligible?

- Adults over 18 years with cough fitting one of the above descriptions.

Treatment

- Mucolytic or cough suppressant.

Points to consider

- Steam inhalation may be beneficial.
- If you smoke, consider quitting.

Exercise-related Injury

What is it?

- Mild to moderate joint or muscular injury sustained during period of exercise.

Who is eligible?

- Adults over 18 years presenting with exercise-related injury of less than 5 days where ibuprofen at normal dose has already been tried for 2 days.

Treatment

- Moderate-strength anti-inflammatory tablets.

Points to consider

- Gentle exercise of affected area may help recovery.

Gout

What is it?

- Acute attack of pain and swelling in one or more joints.

Who is eligible?

- Adults over 18 years presenting with acute gout where gout has previously been diagnosed by their GP.

Treatment

- Moderate-strength anti-inflammatory tablets.

Points to consider

- In some people, the build-up of uric acid may be due to certain factors, such as:
drinking too much alcohol or sugar-sweetened drinks
eating a lot of heart, herring, sardines, yeast extracts, or mussels
- Some medicines may also raise the level of uric acid
- People with certain other conditions have an increased risk of developing gout, such as obesity, high blood pressure, kidney damage, and diabetes.

Toothache

What is it?

- Severe toothache, with or without associated possible infection.

Who is eligible?

- Adults over 18 years presenting with severe toothache where ibuprofen at normal dose has already been tried for 2 days.

Treatment

- Moderate-strength anti-inflammatory tablets.

Points to consider

- If infection is suspected, you should also consult your dentist.

Constipation

What is it?

- Passage of dry, hard stools at a lower than usual frequency.

Who is eligible?

- Adults and children over 12 years presenting with constipation.

Treatment

- Osmotic laxative sachets.

Points to consider

- Diet and fluid intake are key to preventing constipation – drink plenty of water, and try to include fruit, vegetables and foods high in fibre in your daily diet.



Nappy Rash

What is it?

- Mild to moderate inflammatory rash, where the rash is causing discomfort.

Who is eligible?

- Children presenting with mild to moderate nappy rash.

Treatment

- Combination mild steroid and antimicrobial cream.

Points to consider

- Change nappies frequently, ideally as soon as wet/soiled.
- Try to include periods where no nappy is worn.
- Apply barrier cream after every nappy change.

Please Note

- Your pharmacist will ask you questions about your symptoms and other medicines you may be taking.
- In some circumstances you may be referred to your GP, or recommended a more suitable product that can be bought.
- Your pharmacist will be happy to offer advice on any condition, even if it does not fall into the Minor Ailments Scheme.
- Most pharmacies take part in the scheme. Should your usual pharmacy be unable to help for any reason, another pharmacy could do so – please ask.
- Everything you say to the pharmacist is confidential.

For more information about the scheme and details of your nearest pharmacy and opening times etc please visit

www.manxpharmacy.com

Or contact any pharmacy

This leaflet has been produced by the
Isle of Man Pharmacy Contractors Association

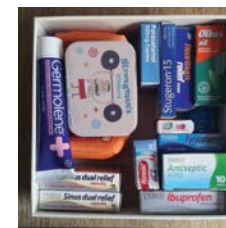
Useful Information

There are some easy ways you can lower your risk of getting ill:

- When you cough or sneeze use a tissue, and then put it in the bin and wash your hands
- Stay warm by making sure your home is heated and by wearing lots of layers of clothing
- Have hot meals and drinks to keep your temperature and strength up
- If you smoke, consider quitting to improve your circulation and general health. Speak to your GP or Pharmacist for advice. Quit4You is the Island's free Stop Smoking Service, for more information contact 642404.

In case you get ill, it is good to be prepared with essential medicines:

- Paracetamol or Ibuprofen
- Anti-diarrhoea medicine
- Rehydration mixture
- Indigestion remedy
- Plasters
- A thermometer



People with long-term conditions such as asthma and diabetes, the very young, pregnant women and those aged 65 or over should contact their GP immediately if their symptoms are serious.

Department of Health and Social Care

Rheynn Slaynt as Kiarail y Theay



Minor Ailments Scheme

If you think you may be suffering from:

Bacterial Conjunctivitis
Inflammatory Skin Disorders
Impetigo ○ **Cystitis** ○ **Shingles**
Vaginal Thrush ○ **Oral Thrush**
Hay Fever ○ **Cough** ○ **Gout**
Exercise-related Injury
Toothache ○ **Constipation**
Nappy Rash



Call in to any pharmacy where a pharmacist will be pleased to assist you

Bacterial Conjunctivitis

What is it?

- An infection of the eye caused by bacteria.
- One or both eyes are pink, may be sticky, watery, irritated or gritty.
- There may be some soreness and swelling of eyelids.
- Vision is not normally affected.

Who is eligible?

- Adult or child over 3 months with suggestive symptoms.
- Treatment is safe in women who are pregnant or breast feeding.

Treatment

- Antibiotic eye drops.

Points to consider

- Wash hands regularly, especially after touching the eye and do not share towels etc.
- Consider keeping a child away from nursery or school until symptoms resolve.



Inflammatory Skin Disorders

What is it?

- Mild to moderate rash or bite.

Who is eligible?

- Any person with an insect bite reaction, allergy rash or mild to moderate eczema.
- The skin is not broken or infected.

Treatment

- Mild steroid cream.

Points to consider

- If area develops blisters/crusts, particularly on the face, see section on Impetigo.



Impetigo

What is it?

- A skin infection caused by bacteria.
- Small blisters form and leave moist, golden crusts.
- Redness may develop around each patch.
- The face is the most common area of infection, but it can occur anywhere.

Who is eligible?

- Those aged over 1 month old with suggestive symptoms.

Treatment

- Antibiotic cream or ointment.

Points to consider

- Wash hand regularly, especially after touching the area and do not share towels etc.
- Consider keeping a child away from nursery or school until lesions are crusted or at least 48 hours after starting antibiotic treatment.

Cystitis

What is it?

- Inflammation of the bladder, usually caused by bacterial infection.
- Symptoms include painful or frequent urination, pain in abdomen, cloudy or strong-smelling urine and occasionally blood in the urine.

Who is eligible?

- Women aged 16-65 with suggestive symptoms.

Treatment

- Antibiotic tablets.

Points to consider

- Drink plenty of fluid, but avoid caffeine and alcohol.
- Paracetamol or Ibuprofen can help reduce pain and temperature.
- Avoid intercourse until resolved.

Vaginal Thrush

What is it?

- Vaginal discharge, usually creamy white though sometimes watery.
- Itchiness, redness, discomfort or pain.
- Inflammation of vulva.
- It is caused by overgrowth of natural candida yeast, sometimes due to taking oral antibiotics, hormonal factors, pregnancy, use of detergents, steroids or stress.

Who is eligible?

- Women aged 16 years or over with suggestive symptoms.

Treatment

- Antifungal capsule or pessary and cream.

Points to consider

- 1 in 5 cases will not respond, due to alternative cause of symptoms.
- Discuss with partner to prevent reinfection.
- Treat at any time during menstrual cycle, including during periods.



Oral Thrush

What is it?

- White patches covering surface of tongue and inside of cheeks. These are not easily removed. When removed there can be a reddened and sore area underneath.

Who is eligible?

- Infants between 1-12 months.
- Adults and children over 1 year if caused by steroid inhalers.
- Adults and children over 1 year if caused by use of antibiotics.

Treatment

- Antifungal oral suspension.

Points to consider

- If being breastfed and mother has sore nipples, discussion with GP or Health Visitor may be necessary.
- If using steroid inhalers, rinse mouth with water after every use (and spit it out).

Shingles

What is it?

- Pain and rash occurring only along a band of skin supplied by the affected nerve.
- Pain may occur 2 days before rash, and persist up to 2 weeks after rash has resolved.
- Rash can be accompanied by redness and swelling of surrounding tissue.

Who is eligible?

- Adults over 18 years presenting within 72 hours of onset of suggestive symptoms.

Treatment

- Antiviral tablets.

Points to consider

- Shingles can be passed on to cause chicken pox in those not previously exposed.
- It will not cause shingles in people who have already had chicken pox.

Hay Fever

What is it?

- Common symptoms include a runny, itchy and/or blocked nose, sneezing, and itchy, red, watery eyes.

Who is eligible?

- Adults and children over 6 years presenting with symptoms of seasonal allergic rhinitis, or symptoms of allergic conjunctivitis, related to hay fever.

Treatment

- Steroid nasal spray.
- Anti-allergy eye drops.

Points to consider

- Treatment may take a few days to achieve maximum benefit – it is important to use regularly.
- Avoid trigger factors if known.
- Symptoms may be worse in the morning and evening.

