



You might notice some differences in the Minor Ailments Scheme

Last year, NHS England consulted the general public on reducing prescribing of over-the-counter medicines for minor, short-term health concerns. As a result of the feedback we received, we are making some changes to the Minor Ailments Scheme.

From now on, we will be reducing the range of medications and treatments available on the Minor Ailments Scheme for self-limiting or uncomplicated conditions.

This means that medicines and treatments for conditions such as sore throats, cough and constipation will no longer be available as a part of the scheme but **are already available to buy cheaply over the counter** from your local pharmacy or supermarket.

Following the consultation on over the counter medicines, local people fed back to us that efforts should be made to support people on low incomes.

Therefore, from 1 April 2019 the scheme will be available to people on a low income and their dependants:

- HC2 Charges Certificate – Possession of a valid HC2 Charges Certificate
- Income Support (IS) – Possession of an IS award notice
- Income-related Employment and Support Allowance (ESA) – Possession of an ESA award notice
- Income-based Jobseeker's Allowance (JSA) – Possession of a JSA award notice
- Universal Credit (UC) – Possession of a Universal Credit statement
- NHS Tax Credit Exemption Certificate – Possession of a valid Tax Credit Exemption Certificate
- Pension Credit Guarantee Credit (PCGC) – Possession of a PCGC award notice

What to keep in your medicines cabinet

The following medications can be bought from pharmacies or local supermarkets and are generally cheaper than buying them on prescription.

- Simple pain killers like paracetamol and ibuprofen
- Sore throat, coughs, colds and flu medications
- Heartburn and indigestion remedies
- Anti-diarrhoea medication
- Rehydration salts
- Allergy medicines
- Pile (haemorrhoid) treatments
- First aid kit including plasters and bandages

Speak to your local pharmacist about stocking up on medicine cabinet essentials to treat common conditions for you and your family.

How to get in touch

If you have any questions about this change please do not hesitate to ask your local pharmacist.

You can also contact the Southampton CCG patient experience service.

Email: SOCCG.Patientexperienceservice@nhs.net

Telephone: 023 8029 6066