

GET THE RIGHT CARE, IN THE RIGHT PLACE, FIRST TIME

DID YOU KNOW:

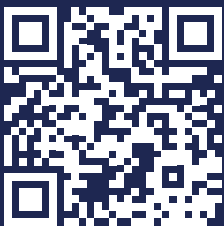
Pharmacies offer **free, confidential advice** and treatment if needed, for 28 minor illnesses, including chickenpox, urinary tract infections, sore throats and a range of skin conditions?

Ask your local pharmacist about the **Common Ailments Service**.

Optometrists are qualified healthcare professionals who diagnose and treat eye health problems.

Your local optometrist can treat a range of eye health conditions, including sore or cloudy eyes, floaters, flashers and many other eye health issues. **Eye health treatment is free.**

If you don't have a routine NHS Wales dentist, you can register for one on the **Dental Access Portal**. And you can seek urgent treatment from your local health board's **dental helpline**.



FOR MORE INFORMATION, VISIT:

gov.wales/HelpUsHelpYou

