

TEST YOURSELF ONLINE

GOOD PRACTICE KNOWLEDGE IS IMPORTANT WHEN ADVISING CUSTOMERS



Questions

1. Which of the following is **NOT** a self-care measure to take to help with travel sickness?

- a) Taking ginger products
- b) Getting some fresh air
- c) Focusing on moving cars outside
- d) Sitting in the front seat of the car

2. How much sunscreen should adults tend to apply to cover the body?

- a) One tablespoon
- b) Two tablespoons
- c) Three tablespoons
- d) Four tablespoons

3. Which of the following groups are at risk of developing DVT?

- a) Those who are pregnant or new mothers
- b) Those who suffer from travel sickness
- c) Young children
- d) Frequent fliers

4. Which of the following is a treatment for insect bites and stings?

- a) Topical anti-itch treatments
- b) Hydrocortisone cream
- c) Antihistamine tablets
- d) All of the above

5. Which of the following is **NOT** a Government recommended step for travelling from the UK?

- a) Check foreign travel advice for the countries you want to go to
- b) Book any Covid-19 tests once you arrive at your destination
- c) Find out how you can use the NHS Covid-19 pass to prove vaccination status abroad
- d) Check information on passports, travel rights and driving abroad

6. Which of the following is a bite prevention measure?

- a) Wearing strongly perfumed toiletries to deter insects
- b) Wearing short-sleeved clothing
- c) Wearing shoes when outdoors
- d) Wearing a hat



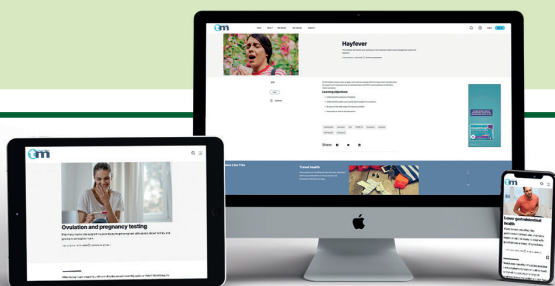
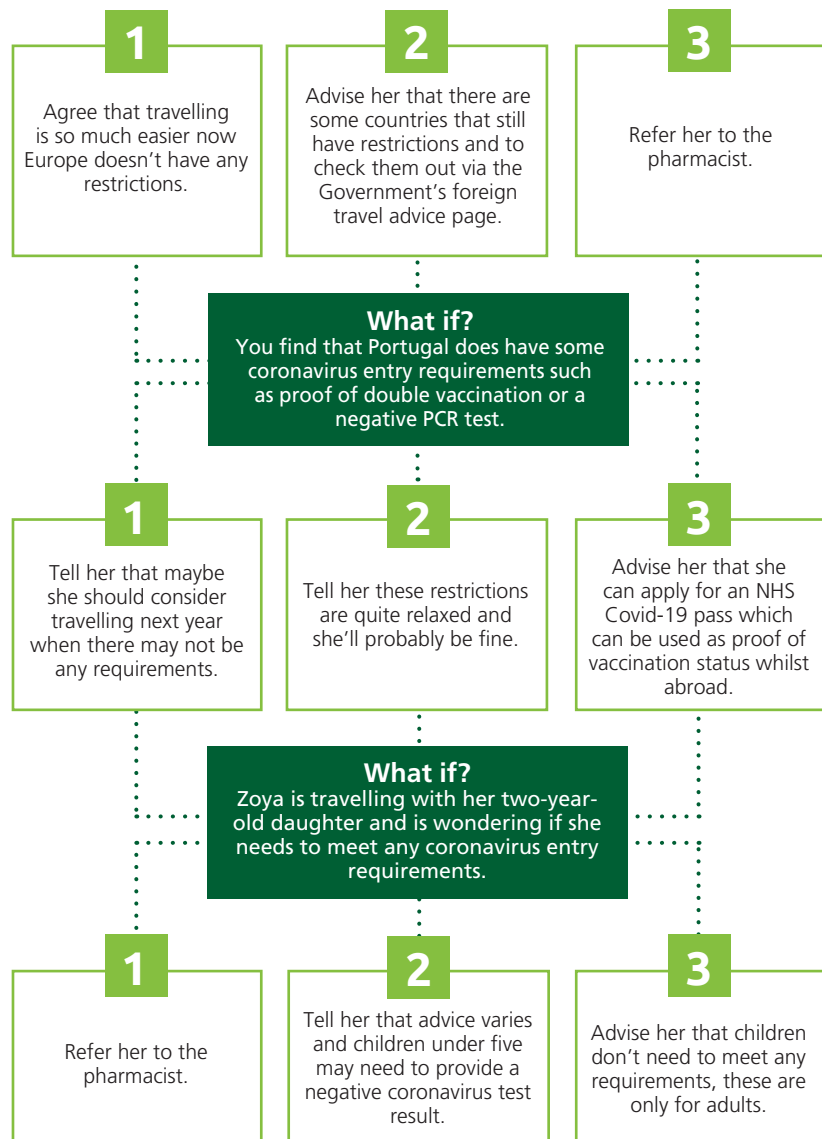
Scenario



Zoya, 35, comes into the pharmacy to buy some sunscreen for her holiday to Portugal. She says she can't wait to get away as there are no more Covid-19 restrictions to worry about.

What would you recommend?

For each part of this scenario, think about the decision you would make and, importantly, why you would choose that option. In addition, for each decision that you make, think about how you would talk to the customer and provide the necessary advice. Discuss this with your team and pharmacist.



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