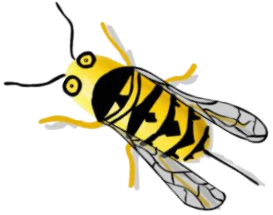


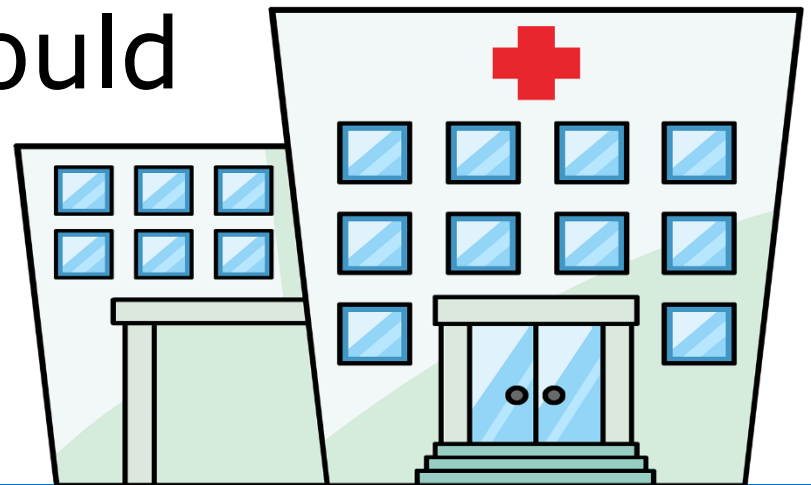
Choose self care

Do you need help treating common conditions?



Did you know ?

40% of GP appointments and
75% of hospital emergency
attendances are for minor
conditions which could
be treated at
home.



Choose self care

Your pharmacy should be your first choice for advice and treatment for common conditions such as:



- Acute sore throats
- Conjunctivitis
- Headlice
- Earwax
- Insect bites and stings
- Mild to moderate hayfever
- Indigestion and heartburn
- Cuts and bruises
- Cold, coughs and nasal congestion
- Travel sickness.

Choose self care

You do not need to make an appointment to see the pharmacist, just pop in. They are always happy to help and answer any questions you may have.



Many pharmacies are open late nights and at the weekend, which is convenient for people who work or when the doctor's surgery is closed.

Choose self care



By keeping a selection of essential medicines at home you can treat common conditions in a timely manner, avoid unnecessary trips to see your doctor and/or even visits to the A&E department.

<https://www.nhs.uk/live-well/healthy-body/your-medicine-cabinet/>