

CHOOSE **PHARMACY** **FIRST** AND TREAT YOURSELF BETTER THIS WINTER



Your pharmacist can treat a range of minor conditions without the need for a doctor's appointment.

CHOOSE **PHARMACY** **FIRST** FOR:

- Coughs and colds
- Flu
- Headaches and earaches
- Constipation and diarrhoea
- Fever
- Hayfever, bites and stings
- Headlice
- Sore throats
- Nappy rash
- Mouth ulcers
- Vaginal thrush

For children and those who don't need to pay for their prescriptions, you may be entitled to free treatment – ask your pharmacist.

Remember, antibiotics **DO NOT** help common winter ailments.



Visit www.treatyourselfbetter.co.uk for more information, advice and warning signs to look out for which may suggest you do need a GP appointment or medical attention.

This scheme is being piloted in Sandwell, Wolverhampton and parts of Dudley and Birmingham until 31 March 2015.