

# WHEN WILL I FEEL BETTER?

Visit

**[WWW.TREATYOURSELF BETTER.CO.UK](http://WWW.TREATYOURSELF BETTER.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.

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



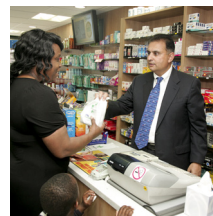
## No appointment necessary!

If you're not feeling well, visit your pharmacist first. They 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.



Some conditions can last longer than you might think, so choose **PHARMACY FIRST** for the advice you need to get on the road to recovery.

<b>Ear infection</b>	at least four days
<b>Sore throat</b>	one week
<b>Cold</b>	one-and-a-half weeks
<b>Flu</b>	two weeks
<b>Blocked nose</b>	two-and-a-half weeks

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.