



Helping you to help yourself

The NHS is under pressure from increasing demand, but you can help ease that pressure. Here are a few tips how...

- Please don't ask for over the counter medicines on prescription for a minor illness
- Don't just miss your GP appointment – tell them you're not coming, preferably at least 24 hours in advance
- Don't just tick the box for repeat prescriptions - only order what you need
- A&E is for emergencies only - if it's not an emergency, please try your local Pharmacy, GP, Urgent Care Centre or call 111 for advice and out-of-hours GPs

Take care of yourself and your NHS will take care of you