



Have you asked your pharmacist?

Minor short term illnesses can be treated at home or by getting advice from your local pharmacy. You don't always need a doctor or nurse for:

- Coughs, colds and blocked nose
- Hay fever
- Headaches or migraines
- Indigestion and heartburn
- Minor pains (aches, sprains or strains)
- Constipation or diarrhoea
- Temperature or fever

If your symptoms are not improving after a few days of treatment with the over the counter medications, you should **contact the local pharmacist or your GP** for more advice.

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