



# Why wait to see your GP or practice nurse? Go to your pharmacy first!

Many medicines for minor illness and ailments are available over-the-counter in supermarkets and pharmacies.

Pharmacists can help you manage:

- Coughs and colds
- Headaches
- Hayfever
- Allergic dermatitis
- Dry skin conditions
- Spots and acne
- Insect bites / stings
- Athlete's foot
- Indigestion
- Heartburn
- Constipation
- Piles
- Diarrhoea
- Verrucas
- Warts
- Head lice
- Teething
- Cold sores
- Sore mouth
- Thrush

Take responsibility for your health – look after yourself and your family – give yourself the best chance of a healthy future.