

It's going to be a busy winter...



...help us help you.

By being prepared:

▶ Make sure you don't run out of prescribed medication – order on time

▶ Remember colds, flu and most sore throats do not need antibiotics

▶ Your pharmacist can also give you advice and treatment

▶ For initial advice about your symptoms, visit www.nhs.uk

bma.org.uk/winter-pressures
#winterpressures

We needn't
be your
first stop.



Help us help you by being prepared this winter:

- ▶ Remember colds, flu and most sore throats do not need antibiotics
- ▶ Treat your symptoms with pain relievers (such as Paracetamol or Ibuprofen), rest and plenty of fluids
- ▶ Your pharmacist can also give you advice and treatment
- ▶ For initial advice about your symptoms, visit www.nhs.uk

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