



I recommend self-care for minor illnesses because it's

SIMPLE

Be self-care aware

Your local pharmacist is a trained professional, ready to give advice on the best treatment for minor conditions such as:

- **blocked nose**
- **cough**
- **hayfever**
- **indigestion**
- **cold**
- **dry skin**
- **headache**
- **insect bites**



Find out more about self-care at:
www.nhsstaywellderbyshire.co.uk