

# 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](http://www.nhs.uk)

[bma.org.uk/winter-pressures](http://bma.org.uk/winter-pressures)  
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