

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

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