

# Go Ahead treat yourself!

## Sometimes it's better to do it yourself

Most common illnesses can be treated by you. By making positive choices and taking control of minor illnesses, you will increase your confidence which is good for your health and wellbeing. Your local pharmacist can provide advice and help you manage minor illnesses.

## Think before you order a prescription!

Medicines are available in your local pharmacy to treat:

- Minor aches and pains
- Coughs, colds and sore throats
- Hayfever
- Indigestion
- Nappy rash
- Colic
- Cold sores
- Head lice
- Vaginal thrush

## We need your help

Our Health Service has a limited budget. Spending money on treatments for minor illnesses reduces the money available to treat more serious conditions such as heart disease and cancer. Self managing minor illnesses will also help free up GP appointments.

