

# For aches and pains, can you buy what you need?

For minor illnesses have you thought about talking to your pharmacist and buying what you need?

Prescribing readily available medication like paracetamol costs the NHS millions every year, adding unnecessary strain to local GPs and the NHS. Processing these prescriptions can cost 20 times the price of buying identical medication at your local pharmacy or supermarket.

Before you call a GP, talk to your pharmacist. You don't need an appointment and for most minor illnesses it's faster and easier.

**If you take care of the little things, your NHS can keep taking care of you.**



[www.mymedicinesmyhealth.org.uk](http://www.mymedicinesmyhealth.org.uk)

 @NHSmymedicines

Poster developed by Clinical Commissioning Groups in the North East and North Cumbria



# For hay fever and allergies, can you buy what you need?

For hay fever and allergies have you thought about talking to your pharmacist and buying what you need?

Prescribing readily available medication like antihistamines costs the NHS millions every year, adding unnecessary strain to local GPs and the NHS. Processing these prescriptions can cost 20 times the price of buying identical medication at your local pharmacy or supermarket.

Before you call a GP, talk to your pharmacist. You don't need an appointment and for most minor illnesses it's faster and easier.

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# For holiday medication, can you buy what you need?

For tummy upsets, travel sickness and antimalarials have you thought about talking to your pharmacist and buying what you need?

Prescribing readily available medication to holidaymakers costs the NHS thousands every year, adding unnecessary strain to local GPs and the NHS. Processing these prescriptions can cost 20 times the price of buying identical medication at your local pharmacy.

Before you call a GP, talk to your pharmacist. You don't need an appointment and for most minor illnesses it's faster and easier.

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