

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



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

Be self-care aware

I self-care because it's



QUICKER

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



Be self-care aware

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



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



Be self-care aware

I self-care because it's



QUICKER

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



Be self-care aware

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



QUICKER

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



Be self-care aware

I self-care because it's



EASER

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

Be self-care aware