

**Do you really  
need to be here?**



Minor short-term illnesses can be treated at home or by visiting your local pharmacy. You may not always need to see a GP or Nurse.

- **Constipation**
- **Coughs, colds & blocked nose**
- **Diarrhoea**
- **Headaches or migraines**
- **Indigestion & heartburn**
- **Minor pain (aches, sprains/ strains)**
- **Temperature or fever**

**Be self-care aware**

If in doubt visit your local pharmacy for face to face advice or visit our website for information on how to treat yourself at home.

**[www.derbyandderbyshireccg.nhs.uk/  
staywellerbyshire/](http://www.derbyandderbyshireccg.nhs.uk/staywellerbyshire/)**

# Have you asked your pharmacist?



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