


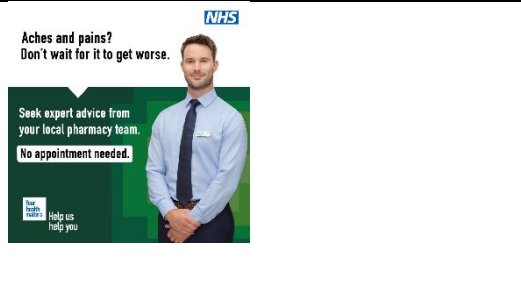
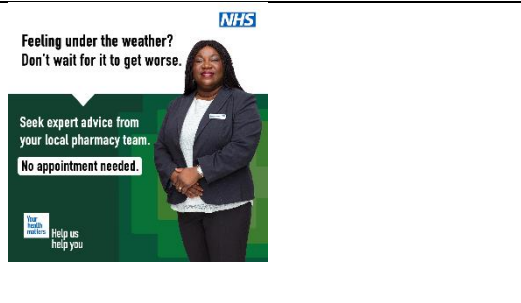





Social media toolkit

Images to be used on social media can be downloaded by clicking [here](#).

Copy	Image
<p>Feeling unwell? Tackle those symptoms as soon as they strike. No need for a GP appointment that you may not need. Staffordshire GP Dr Helen Stokes-Lampard explains more: https://youtu.be/iAXqOn5k80I</p>	
<p>Having a well-stocked medicine cabinet will mean that you can fight minor illnesses. Talk to a pharmacist for more advice.</p>	
<p>Did you know that your pharmacist can help with UTIs? They can offer advice on things like what can help you get better and what is the best painkiller to take. They'll also be able to tell you if you need to see a GP. Find more info here: https://www.nhs.uk/conditions/urinary-tract-infections-utis/</p>	
<p>Aches and pains?</p> <p>Your local pharmacist can help with minor health problems, such as back pain, headache and migraine, and period pain.</p> <p>For expert advice, talk to your pharmacist: nhs.uk/using-the-nhs/nhs-services/pharmacies/what-to-expect-from-your-pharmacy-team/</p>	
<p>Feeling under the weather?</p> <p>Your local pharmacist can help with minor health problems, such as aches and pains, allergies, sore throats and colds, stomach problems and skin conditions.</p> <p>For expert advice, talk to your pharmacist: nhs.uk/using-the-nhs/nhs-services/pharmacies/what-to-expect-from-your-pharmacy-team/</p>	

<p>Stomach ache bothering you?</p> <p>Your local pharmacist can provide advice and recommend treatments to help, no appointment needed.</p> <p>For expert advice, talk to your pharmacist: nhs.uk/using-the-nhs/nhs-services/pharmacies/what-to-expect-from-your-pharmacy-team/</p>	 <p>NHS</p> <p>Stomach ache? Don't wait for it to get worse.</p> <p>Seek expert advice from your local pharmacy team. No appointment needed.</p> <p>your medicines Help us help you</p>
<p>Feeling unwell?</p> <p>Your local pharmacy can provide treatment advice about a range of common conditions and minor illnesses, no appointment needed.</p> <p>For expert advice, talk to your pharmacist: nhs.uk/using-the-nhs/nhs-services/pharmacies/what-to-expect-from-your-pharmacy-team/</p>	 <p>NHS</p> <p>Feeling unwell? Don't wait for it to get worse.</p> <p>Seek expert advice from your local pharmacy team. No appointment needed.</p> <p>your medicines Help us help you</p>
<p>If you have a UTI, there are things you can do yourself at home, such as take paracetamol up to 4 times a day and drink plenty of water, so you pass pale urine regularly during the day. Find more info here: https://www.nhs.uk/conditions/urinary-tract-infections-utis/</p>	
<p>Sore throats can be horrible but often go away on their own and don't need antibiotics. What can you do to soothe it? Staffordshire GP Dr Helen Stokes-Lampard has this advice https://youtu.be/EEjhw-6-PSU</p>	<p>Video in post</p>
<p>Headaches aren't always serious and can be treated at home or by visiting your local pharmacist who can advise on the appropriate medication.</p>	 <p>NHS</p> <p>Having a well-stocked medicines cabinet costs less than £10 and will get you better, sooner. No need to wait for an appointment you probably don't need.</p> <p>Paracetamol 38p, Aspirin 30p, Diarrhoea relief £1.10, Constipation Relief £2.48, Anthistamines £2.50, Throat lozenges 37p, Antibac £2.50</p> <p>#ChooseSelfCare</p>
<p>If your baby has Bronchiolitis, here is some helpful information to help you care for them at home. Parents who are concerned that symptoms are worsening should go to 111.nhs.uk or download the NHS app https://vimeo.com/573042299/c6688e21f2</p>	<p>Video</p>
<p>Fever in children can be scary for parents. Listen to Dr Helen Stokes-Lampard explain what to do if your child has a fever https://youtu.be/VRu0Sd0ABFY</p>	<p>Video</p>
<p>If your baby is experiencing a cold, here is some helpful information to help you care for them at home. https://vimeo.com/573042274/4ac721ff83</p>	<p>Video</p>
<p>For most minor illnesses you don't need a GP appointment. See your local pharmacist, they're experts and can advise on the most appropriate over-the-counter medicines, or the next steps to take. https://youtu.be/cqr84DyCHfA</p>	<p>Video</p>

Lower back pain can be painful, but your local pharmacist can advise you on what over the counter medication you can take to help relieve the pain.



NHS

**Aches and pains?
Don't wait for it to get worse.**

Seek expert advice from
your local pharmacy team.

No appointment needed.

Your health matters. Help us help you

The advertisement features a man in a light blue shirt and dark tie standing against a green background. The text is arranged in a clean, professional layout with the NHS logo at the top right.