



NHS



KEEP CALM AND LOOK AFTER YOURSELF

Colds, sore throats, hangovers, upset stomachs and headaches can all be treated by you at home.

- Make sure you get plenty of rest ✓**
- Take a painkiller if needed ✓**
- Keep a well-stocked medicine cabinet ✓**

www.keepcalmthiswinter.org.uk

 [@keepcalmne](https://twitter.com/keepcalmne)

Self-care

Pharmacy

NHS 111





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KEEP CALM AND CALL 111

Call 111 when you need medical help but
it's not a 999 emergency.

**It's available 24 hours a day,
365 days a year ✓**

**Calls are free from landlines
and mobile phones ✓**

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Self-care

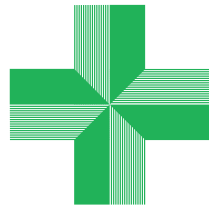
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KEEP CALM AND ASK A PHARMACIST

Pharmacists are experts in the use of medicines and they can diagnose and treat your winter illnesses.

- No appointment needed ✓**
- Open evenings and weekends ✓**
- Experts in winter health advice ✓**
- Will refer you to other NHS services, if needed ✓**

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KEEP CALM AND ANTIBIOTICS AREN'T ALWAYS THE ANSWER

Antibiotics don't work for winter viruses.

Antibiotics only fight infections caused by bacteria ✓

Bacteria can adapt and survive the effects of antibiotics, so they don't always work ✓

The more you use antibiotics, the more resistant bacteria become ✓

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