

# For heartburn or indigestion ask your pharmacist

By caring for yourself you help  
to save valuable NHS £££'s  
which can be spent on life  
saving treatments.



#Selfcare

[www.selfcareforum.org](http://www.selfcareforum.org)

# Please don't ask your GP for medicines which can be bought at the pharmacy



# For hay fever, bites and stings ask your pharmacist

By caring for yourself you help to save valuable NHS £££'s which can be spent on life saving treatments.



# For aches, pains, coughs and colds ask your pharmacist

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to save valuable NHS £££'s  
which can be spent on life  
saving treatments.



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