## Can the Pharmacist help with your symptoms?

The pharmacist is an excellent source of advice for many common ailments, such as:

Low Back Pain

Eczema

Heartburn and Indigestion

Fever in Children

Constipation

Headache

Coughs in Adults

Acne (spots)

**Sprains and Strains** 

Sore Throat

Ear Ache

Common Cold

**Sinusitis** 







Embracing Self Care for Life 13-19 November 2017

www.nhs.uk/selfcare

