

**I recommend self-care for
minor illnesses because it's**



SMPLE

Be self-care aware

Your local pharmacist is a trained professional, ready to give advice on the best treatment for minor conditions such as:

- blocked nose
- cough
- dry skin
- hayfever
- headache
- indigestion
- insect bites
- cold

Find out more about self-care at:
walsallccg.nhs.uk/stay-well-walsall/self-care/