



Our **NHS**

Let's take care of it!

Did you know?

Prescriptions for medicines to treat many minor ailments **cost the NHS four times more** than it does for you to buy them yourself in a pharmacy or supermarket?

Acne	Head lice
Athlete's foot	Indigestion / heartburn
Back ache	Infant colic
Blocked nose / nasal congestion	Insect bites/stings
Cold sores	Migraine
Common cold	Mouth ulcers
Conjunctivitis	Nappy rash
Constipation	Nasal congestion (infant)
Contact dermatitis	Oral thrush
Cough	Pain
Cystitis	Scabies
Diarrhoea	Sore throat
Dry skin	Sprains and strains
Earache	Teething
Ear wax	Temperature / fever
Eczema	Threadworms
Haemorrhoids	Toothache
Hay fever	Vaginal thrush
Headache	Verruca / warts

Only request a prescription to treat one of these minor ailments if you really have to.

Find out more at www.valeofyorkccg.nhs.uk