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
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 ✔

www.keepcalmthiswinter.org.uk

@keepcalmne
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 ✔

www.keepcalmthiswinter.org.uk

@keepcalmne
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 ✔

www.keepcalmthiswinter.org.uk

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