

WOULD YOU USE KETCHUP AS SUNSCREEN?



THAT'S NOT WHAT IT'S FOR!

Antibiotics for viral infections?

Most coughs in children and young people are viral and get better with rest and self-care.



FIND OUT MORE HERE!

Speak to your community pharmacy for more advice on medicines.

If self-care doesn't help or things get worse, see your local pharmacy, your GP or call NHS 111 which provides an option for urgent care from home.

For emergencies, call 999 or visit A&E.