

# **WOULD YOU CHARGE YOUR PHONE WITH A BANANA?**



***THAT'S NOT WHAT IT'S FOR!***

## **Sore throat? Antibiotics?**

**About 90% of sore throats are caused by viruses and get better by themselves and do not need antibiotics.**

**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.**

