

WOULD YOU WEAR SWIMMING GOGGLES TO READ A BOOK?



THAT'S NOT WHAT THEY'RE FOR!

Antibiotics for a cough?

Research shows most coughs are caused by viruses. Antibiotics don't help you feel better, get better, or stay better. So why use them?

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.