

#HELPMYNHS

TO GIVE ME THE BEST CARE

With many common ailments you can care for yourself using medicines bought over the counter at a pharmacy – and you won't need a prescription.

Easier, quicker, cheaper.



The NHS belongs to you so please use it responsibly – #HelpMyNHS

For more information on self-care and local NHS services, visit www.sussexhelpmy.nhs.uk / www.eastsurreyhelpmy.nhs.uk

