



Health and  
Social Care

# Pharmacy First for sore throats, colds and flu-like illness

Ask your pharmacist  
**FIRST** for free and  
confidential advice  
and treatment for  
sore throats, colds or  
flu-like illness.



**SAVE  
TIME AND  
AVOID  
WAITING  
TO SEE  
A GP**





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## **Sore throat, cold or signs of ‘flu?**

- 1. Go to your community pharmacy.**
- 2. Ask to speak to the pharmacist.**
- 3. No booking needed.**

## **You will get:**

- A consultation in a private area.**
- Advice.**
- Free medication, if needed.**

