



# Sometimes, we need relief from congestion too

Your GP won't usually prescribe medicines that can be bought over-the-counter for minor health concerns like coughs and colds.

You can always get the advice and medicines you need from your local pharmacy without an appointment, saving you time and helping to free up GP appointments for those who need them.

To find out more, visit: [www.prescriptionchanges.co.uk](http://www.prescriptionchanges.co.uk)