

A woman with dark hair tied back, wearing a red bikini top, is shown from the back. She is applying a white cream from a spray bottle to her right shoulder. The background is plain white.

# Look after your skin and the NHS

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

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)