

# Don't wait until you feel worse, ask us first.

You can help us help you if you start to feel unwell with a winter illness.

Even if it's just a cough or cold, speak to your pharmacist before it gets more serious.

**HELP US  
HELP YOU**

**STAY WELL THIS WINTER**

[nhs.uk/staywell](https://nhs.uk/staywell)

**Prameet Shah,  
Pharmacist**