

Be self-care
aware!

NHS

Compare the costs below

Where you visit	Self-care (Pharmacy or Supermarket)	GP & Pharmacy	Walk-in Centre	A&E
Indigestion & Heartburn	£3.99	£35.28	£43.43	£69.99
Hay Fever	£2.50	£33.79	£42.04	£65.50
Blocked Nose	£3.99	£35.28	£43.53	£66.99
Pain (paracetamol)	£0.59	£31.88	£40.13	£63.59

Make the right choice for YOU and YOUR NHS

Choosing to **self-care** when you suffer from a minor illness can help you and the NHS.

Its **simple**, **quick**, **easy** and
considerate.