* GPs in North Yorkshire will no longer prescribe medicines that can bought over-the-counter from your pharmacy or supermarket for minor, short-term health concerns like coughs and colds. By visiting your local pharmacy instead, you can save yourself time and help to free up GP appointments for those most in need. Find out more at [www.prescriptionchanges.co.uk](http://www.prescriptionchanges.co.uk/)
* Your GP may no longer give you a prescription for minor ailments like colds, aches and pains; instead you can get advice and buy over-the-counter medicines from a pharmacy without an appointment, saving you time and freeing GP slots for those who need them. Find out more at [www.prescriptionchanges.co.u](http://www.prescriptionchanges.co.uk/)k
* GPs in North Yorkshire won't usually give you a prescription for everyday health issues like #colds, #aches and #pains as they can be bought from a pharmacy or supermarket. Buying over-the-counter medicines eases your symptoms and helps relieve pressure on the NHS. Find out more at [www.prescriptionchanges.co.](http://www.prescriptionchanges.co.uk/)uk
* Everyday illnesses are a pain but are usually easily treated with over-the-counter medicines from a pharmacy or supermarket. That’s why your GP won’t usually give you a prescription for things like coughs and colds, aches and pains. Find out more at [www.prescriptionchanges.co.uk](http://www.prescriptionchanges.co.uk/)
* By buying medicines for everyday health issues like #coughs or #colds from the pharmacy or supermarket, rather than getting them on prescription, we can all make more efficient use of NHS resources and free up GP slots for those most in need. Find out more at [www.prescriptionchanges.co.uk](http://www.prescriptionchanges.co.uk/)
* GPs may no longer prescribe medicine for minor illness that you can buy cheaply from a pharmacy or supermarket. If you have a health niggle like a #cold or #cough, pop to the shops or your local pharmacy for an over-the-counter remedy instead of waiting to see the doctor. Find out more at [www.prescriptionchanges.co.uk](http://www.prescriptionchanges.co.uk/)
* ​While the #NHS looks after us when we need it, we all need to take care of the NHS too. Buying over-the-counter medicines for your everyday illnesses eases those annoying symptoms and helps free up #GP appointments for people most in need. Find out more at [www.prescriptionchanges.co.uk](http://www.prescriptionchanges.co.uk/)