**Suggested social media posts**

Be prepared for common ailments this winter. Visit your local pharmacy and make sure you have the everyday medicines that can treat things like coughs, colds and sore throats #PharmacyFirst #ThinkPharmacy

Is your medicine cabinet ‘winter ready’? Simple paracetamol and other remedies for minor coughs and colds are available from your local pharmacy or supermarket shelves #PharmacyFirst #ThinkPharmacy

Pharmacy teams are healthcare experts who can provide clinical advice for minor illnesses such as coughs, colds and tummy troubles #PharmacyFirst #ThinkPharmacy

Pharmacy teams provide expert self-care advice and over-the-counter treatments for a wide range of common illnesses; before you visit your GP, Think Pharmacy!

Your local pharmacy has over-the-counter remedies for lots of minor health conditions. If you are poorly (and you’re certain it’s not Covid), visit your pharmacy for advice and treatment – there’s no need to make an appointment #PharmacyFirst #ThinkPharmacy

Support the NHS and Think Pharmacy! If you are unwell with a minor ailment this winter, you don’t necessarily need to see a doctor – pharmacy teams are medicines experts #PharmacyFirst #ThinkPharmacy

This winter, if you are unwell with a minor short-term illness (and you’re confident it’s not Covid), you should visit your nearest pharmacy and help free up GP appointments for people with more serious conditions #PharmacyFirst #ThinkPharmacy

Minor conditions can be treated without having to see the doctor. You can keep a stock of medication at home, just ask your local pharmacy team for advice #PharmacyFirst #ThinkPharmacy

Self-care helps relieve pressures on GP Practices, A&E and could save the NHS money to use in other areas #PharmacyFirst #ThinkPharmacy