

Most people can  
**buy** their own treatments  
for **coughs, colds** and  
**nasal congestion**

These medicines are  
available over the  
counter at pharmacies  
or supermarkets  
**without** needing a  
prescription

**Pharmacists** can also offer  
**advice and guidance**

Visit [nhs.uk](https://www.nhs.uk) for things you can do to ease your symptoms

