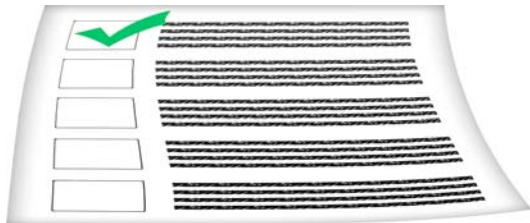


Tips before you go to the chemist (pharmacy)



You could take a friend with you for support



Write a list

When you became unwell/ill

What your symptoms are



What makes them worse

What makes them better



Any medicine you are taking



At the chemists (pharmacy)



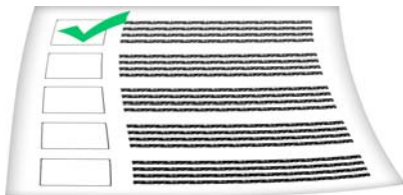
Try to relax



Listen carefully



Don't be afraid to ask questions



Check your list



If you are given new medicine



Ask the chemist (Pharmacist)
to write down



Name of medicine

When you have to take it

How long for

Any side effects



Ask the chemist (pharmacist)
what to do next if you don't
feel any better