



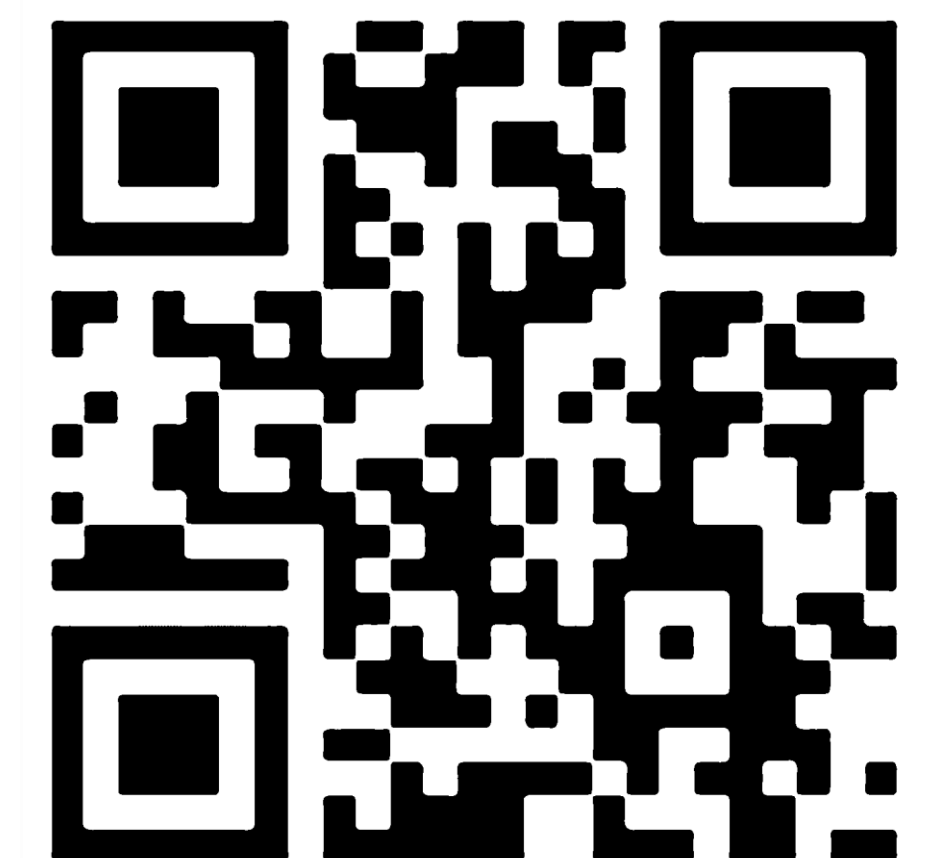
Free Cold and Allergy Medications Available Without A Prescription

Naval Medical Center Portsmouth is expanding its over-the-counter (OTC) cold and allergy medication program to clinic pharmacies.

- **Monday, Nov. 4:** Branch Health Clinics Little Creek, NAVSTA Sewell's Point, and Oceana
- **Monday, Nov. 18:** Branch Health Clinics Dam Neck and Yorktown; Community-Based Health Clinics Chesapeake, Suffolk, and Virginia Beach

Medication Request Process:

1. Text "Get in Line" to 1-833-217-2199 or scan this QR code.
2. Click the Cold and Allergy symptoms link.
3. Follow the information and question prompts.
4. Monitor text messaging for medication pick up instructions.



Beneficiaries may request OTC medications for ages 6 through 65 years old once every 60 days.