

# Be Self-Care Aware

By keeping a selection of essential medication at home you can treat common conditions in a timely manner, avoid unnecessary trips to see your doctor and/or visits to the A&E department.



## What to keep in your medicine cabinet

The following medication can be bought from pharmacies or your local supermarket:

- Simple pain killers like paracetamol and ibuprofen
- Sore throat, coughs, colds and flu medication
- Heartburn and indigestion remedies
- Anti diarrhoea medication
- Rehydration salts
- Allergy medicines
- Piles (haemorrhoids) creams
- First aid kit including plasters and bandages

Speak to your local pharmacist about stocking up on medicine cabinet essentials to treat common conditions for you and your family.

## REFERRAL TO LOCAL PHARMACY - NO PRESCRIPTION REQUIRED

You have a common condition that can be treated with a medication that is available to buy over the counter from your local pharmacy.

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you.

Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

Coughs and colds	Aches and pains
Sore throats	Teething
Hayfever and allergies	Sleep problems
Skin rashes	Travel sickness
Heartburn and indigestion	Threadworm
Upset stomach	Head lice
Diarrhoea	Scabies
Constipation	Athlete's foot
Colic	Cold sores
Piles (haemorrhoids)	Fungal skin infections-ringworm
Headache and migraine	Fungal nail infections
Toothache	Conjunctivitis
Dry skin	Mild dry eyes
Recommended treatment:	

If at any time you are concerned about your condition or if your symptoms are not improving after treatment, you should contact your local pharmacist for more advice.

For more information visit:

<http://www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx>