

Be Self care aware

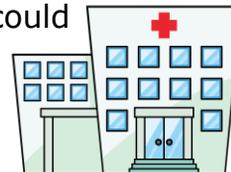
Treating common conditions and minor ailments at home



Self care for life – be healthy this winter

Be self care aware

40% of GP appointments and **75%** of hospital emergency attendances are for minor ailments which could be treated at home with self care



Be self care aware

- Common conditions and minor ailments are generally not a serious health problem for many patients.
- Examples include ailments such as hayfever, piles, aches and pains, colds and flu.



If you want help and advice on the best treatment to relieve your symptoms fast and effectively speak to your pharmacist.

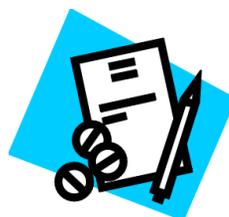
Be self care aware

- Pharmacists are accessible and convenient.
- They have the knowledge and skills to help and advise you on treating common conditions and minor ailments.
- They can recommend medicines that you can buy to keep in your medicine cabinet and local services that are available to you.
- There is no need for an appointment to speak to the pharmacist, just pop in anytime they will be happy to help you.
- Details of your local pharmacy and their opening times can be found here: www.nhs.uk/chemist

Over the counter treatments

- Medicines you can buy from your local pharmacy are **generally cheaper** than a NHS prescription charge.
- By keeping a selection of essential medications at home you can treat common conditions and minor ailments in a timely manner.
- This could mean that you **save both time and money** and you **start to feel better quicker**.
- **It could also avoid unnecessary trips to see your doctor and/or even visits to the A&E department.**

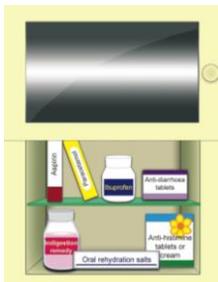
You may not need a prescription from your GP for



coughs and colds
sore throat
hayfever and allergies
upset stomach
heartburn and indigestion
diarrhoea
headache and migraine
constipation
conjunctivitis
aches and pains
travel sickness
head lice
athlete's foot
haemorrhoids

Stock up your medicine cabinet

Keep your medicines cabinet well stocked with essentials. These could include:



- Allergy medicines
- Simple pain killers
- Sore throat, coughs, colds and flu medications
- Heartburn and indigestion remedies
- Pile treatments
- Anti-diarrhoeal medication
- Rehydration salts
- First aid kit
- Thermometer
- Tissues