

BE SELF CARE AWARE

The following medications can be purchased from pharmacies or your local supermarket and are generally **cheaper than buying them on prescription.**

- Allergy medicines
- Simple pain killers like paracetamol and ibuprofen
- Sore throat, coughs, colds and flu medications
- Heartburn and indigestion remedies
- Pile (haemorrhoid) treatments
- Anti-diarrhoea medication
- Rehydration salts
- First aid kit including plasters and bandages
- Thermometer
- Tissues



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

For more information on treating common conditions go to:

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

For more information on what to keep in your medicine cabinet go to:

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