

**Be prepared** - with a well-stocked medicine cabinet.

**Be self-care aware** - recognise that many minor conditions get better on their own without prescription medicines.

**Be responsible** - only make an NHS appointment if you've tried self care first.



# SEVEN STEPS to SELF-CARE for MINOR CONDITIONS



**ONE:** Know where to get advice. Make your local community pharmacy and the NHS Choices website your first point of contact for information when you are starting to feel unwell.



**TWO:** Be prepared and stock up on over-the-counter medicines so that you are well prepared to treat minor conditions e.g. allergy medicines; pain killers; medication for sore throats, coughs and colds; heartburn and indigestion remedies; and anti-diarrhoea medication.



**THREE:** If you want further advice, speak to your local community Pharmacist. They can give advice on minor conditions and recommend over-the-counter medications to relieve your symptoms.

# SEVEN STEPS to SELF-CARE for MINOR CONDITIONS



**FOUR:** Always look for the lowest cost version of the medication. Medicines sold by their ingredient name, like paracetamol, will be less costly but just as effective as a branded product.



**FIVE:** Know how long it can take for minor conditions to clear up e.g. sore throat = 7 days, common cold = 10 days, sinusitis = 18 days, cough or bronchitis = 21 days.



**SIX:** Contact your GP surgery if your symptoms are not improving or are getting worse. Don't forget to tell them everything you have already tried for your symptoms and for how long.

# SEVEN STEPS to SELF-CARE for MINOR CONDITIONS



**SEVEN:** Some pharmacies provide a minor ailments service. These pharmacies can supply medicines for certain conditions on the NHS. This is the Pharmacy First Minor Ailments Service and you can ask to speak privately in a consulting room if you would rather not be overheard.



When you are feeling under the weather, it does not necessarily mean you need to see your GP. Following the steps above, getting advice from your community Pharmacist or online from NHS Choices could mean you are able to treat your symptoms more quickly and as effectively and may not then need to see your GP.

# Minor Ailments Service

Ask your pharmacist for help if you have one of the conditions on the list below – your pharmacist can provide advice and treatment for most people without you needing to see a doctor first.

- Conjunctivitis
- Impetigo
- Cystitis
- Oral Thrush in Infants

## How does it work?

- Your consultation will be confidential with a qualified Pharmacist in a private room.
- The Pharmacist can supply some medicines that you would normally need a prescription for, without having to see your Doctor.

## How much does this cost?

As this is an NHS service, the consultation is free.

If you need medicines they will be free of charge if you get free prescriptions, and for no more than the prescription charge if you have to pay.

# How well is your medicine cabinet stocked...?



Most common ailments, such as colds, sore throats, coughs, sinusitis or earache **can't** be treated with antibiotics.

What works instead?...

Resting, drinking plenty of fluids, taking pain relievers such as paracetamol or ibuprofen.....so make sure you have the appropriate medicines in your cabinet to help you and your family self-care.



# What does it cost to get your medicines cabinet in good shape to self-care?

All of the recommended items can be bought at your local pharmacy or on the high street. Take a look at our medicines cabinet – we bought all of these for under £10!



**Total bill £9.78!**



NHS Vale Royal Clinical Commissioning Group



NHS South Cheshire Clinical Commissioning Group