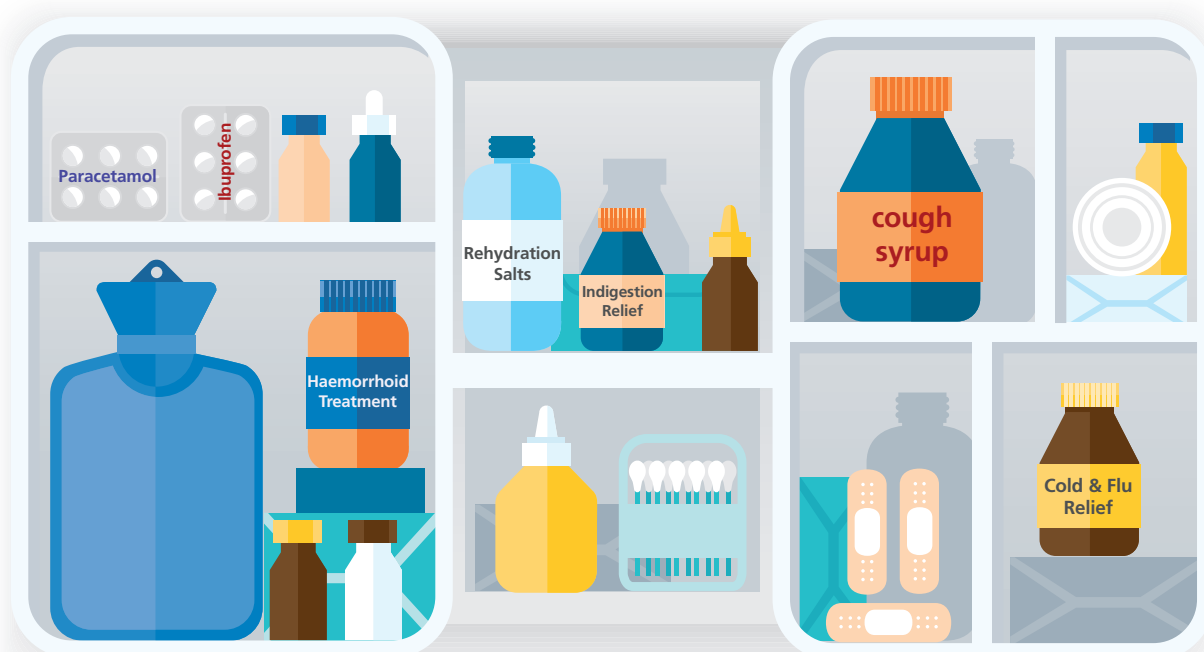


Be Self-Care Aware

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 visits to the A&E department.



What to keep in your medicines cabinet

The following medications can be brought 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.

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