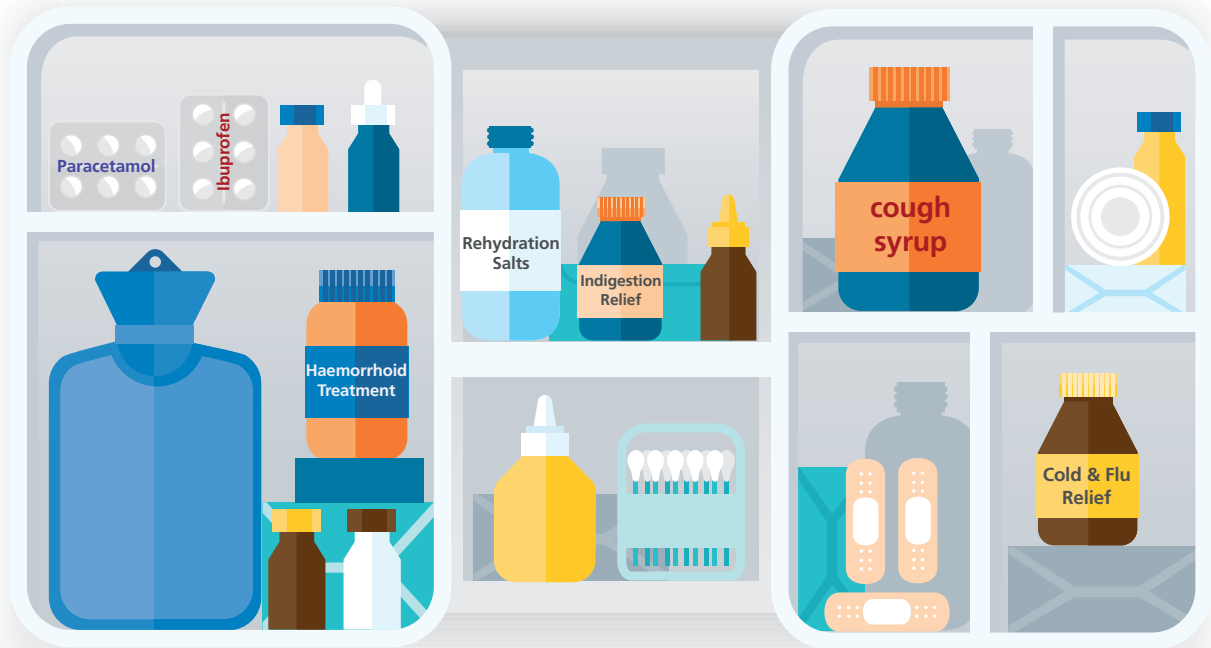


Be Self-Care Aware

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 bought from pharmacies or your local supermarket and are generally cheaper than buying them on prescription.

- Simple pain killers like paracetamol and ibuprofen
- Sore throat, coughs, colds and flu medications
- Heartburn and indigestion remedies
- Anti-diarrhoea medication
- Rehydration salts
- Allergy medicines
- Pile (haemorrhoid) treatments
- 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.

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