

Be prepared...

To make over your medicine cabinet

Coughs, colds, headaches and other common illnesses can leave you feeling unwell and struggling to carry on as normal. Be prepared by keeping a well-stocked medicine cabinet at home.

All it takes is just 5 minutes to make sure your medicine cabinet is ready to help you manage common illnesses. GPs recommend your medicine cabinet should contain the following:

- ✓ A self care guide
- ✓ Painkillers, such as paracetamol or ibuprofen
- ✓ Antihistamines for allergies
- ✓ Antiseptic cream for bites and stings
- ✓ A laxative to help constipation
- ✓ Sunscreen
- ✓ A first aid kit with plasters and bandages to manage cuts and sprains



Self
Care For
all the
Family



Always be careful to follow the product instructions and regularly check medicines are still in date. If you're not sure what medicines to stock or how best to treat the symptoms of common health problems, ask your pharmacist for advice.



Self Care Forum
Helping people take care of themselves