

NHS Eastern Cheshire Clinical Commissioning Group  
NHS South Cheshire Clinical Commissioning Group  
NHS Vale Royal Clinical Commissioning Group



# Seven steps to self-care for minor conditions



thinkpharmacy

# 1 Make your local community pharmacy and the NHS Choices website your first points of contact for information on minor health concerns.

**NHS Choices - [www.nhs.uk](http://www.nhs.uk)**

Other great sources of trusted information are:

[www.selfcareforum.org](http://www.selfcareforum.org)

[www.treatyourselfbetter.co.uk](http://www.treatyourselfbetter.co.uk)

[www.patient.info](http://www.patient.info)



# 2 Stock up on over-the-counter medicines so that you are well prepared to treat minor conditions.

For more information on what medicines to keep at home go to:

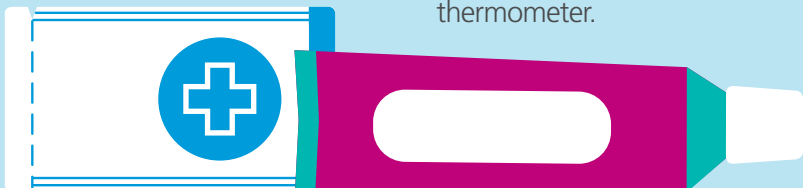
[www.nhs.uk/Livewell/Pharmacy/Pages/Yourmedicinecabinet.aspx](http://www.nhs.uk/Livewell/Pharmacy/Pages/Yourmedicinecabinet.aspx)

The following items can be bought from pharmacies and some shops.

**Your GP recommends you buy these medicines in advance so that you don't have to wait to start treatment for minor conditions.**

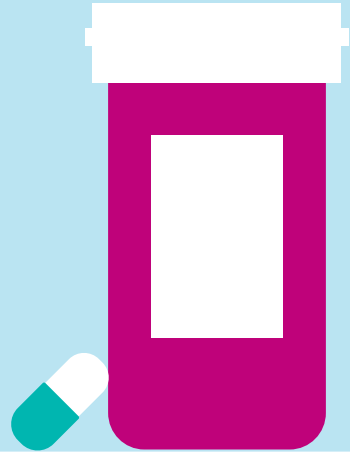
- ✓ Allergy medicines
- ✓ Simple pain killers like paracetamol and ibuprofen
- ✓ Medication for sore throats, coughs, colds and flu
- ✓ Soothing and antiseptic creams or ointments
- ✓ Heartburn and indigestion remedies
- ✓ Pile (haemorrhoid) treatments
- ✓ Anti-diarrhoea medication
- ✓ Medicines for vomiting and upset stomachs.

Your first aid kit should also contain plasters, bandages and a thermometer.



### 3 If you want further advice about minor conditions speak to your local community pharmacist.

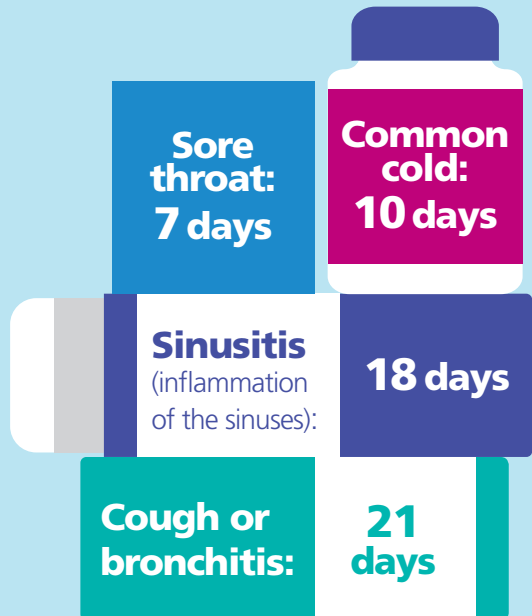
Pharmacists can recognise many minor conditions. They can give advice and recommend medicines that you can buy to relieve your symptoms. They will signpost you to other health professionals if they think you need more help. Most people can easily get to a community pharmacy, and many of them are open in the evenings and at the weekends.



### 4 Always look for the lowest cost version of a medicine that is recommended.

Cheaper doesn't mean inferior. All medicines have to be quality assured against the same strict standards. Look for medicines sold by their ingredient name, such as paracetamol and ibuprofen. This will be less costly than a brand name product containing the same ingredient medicine, and will be just as effective.

### 5 Know how long it can take for simple conditions to clear up:



## **6 If you have tried to self-care but your symptoms are not improving or are getting worse then do contact your doctor's surgery.**

Be prepared to tell them what you have already tried for your symptoms and how long you have been unwell.

## **7 Some pharmacies provide a minor ailments service, which means they can supply medicines for certain conditions on the NHS.**

The local service is called "Think Pharmacy". You can ask to speak to the pharmacist privately in a consulting room if you'd rather not be overheard.

