

Self Care

Self-care – looking after yourself is often the best remedy. Many minor illnesses and injuries can be safely treated at home. For example, colds and flu-like symptoms can be managed at home by combining a well-stocked medicines cabinet with keeping warm, resting, drinking plenty of fluids, and taking appropriate medicines.



Can anyone help me to self-care?

Your pharmacist can help you to stock up your medicine cabinet with remedies for minor ailments and illnesses. Some useful additions to your home first-aid kit include:

- Paracetamol and aspirin, and equivalent syrups (such as Calpol) for children
- Mild laxatives to relieve constipation
- Rehydration mixtures for diarrhoea or vomiting
- Antihistamines to relieve discomfort from insect bites or allergies
- Indigestion remedy
- Travel sickness tablets
- Tweezers and sharp scissors to remove splinters or cut bandages
- A thermometer to check for fever
- A range of bandages, plasters, non-absorbent cotton wool, elastic bandages and dressings for minor cuts, sprains and bruises

If you have a long-term condition, self-care involves a partnership between you and your healthcare professional that aims to improve your health outcomes and quality of life. You can also have a personalised care plan and access to courses and support.

REMEMBER

- Always carefully follow directions for use on any medication and never exceed the stated dose.
- Keep all medicines out of the sight and reach of children.
- Check expiry dates and return unused medication to your pharmacy.
- If in any doubt about how to take any medication, [contact your local pharmacist](#).

Why should I self-care?

Keeping yourself fit and healthy can help you boost your immunity to illnesses like colds, flu and infections. Looking after yourself at home when you have a minor ailment will free up GP time to focus on and care for people with more serious illnesses and problems.

TOP TIPS FOR STAYING HEALTHY

A healthy lifestyle can help you thrive throughout your life. Making healthy choices isn't always easy, however. It can be hard to find the time and energy to exercise regularly or prepare healthy meals. However, your efforts will pay off in many ways, and for the rest of your life.

Steps you can take:

- Try to be physically active for 30 minutes most days of the week. You can break this up into three 10-minute sessions to make it easier. Healthy movement may include walking, sports, dancing, yoga, running or other activities you enjoy.
- Try to eat a well-balanced, low-fat diet with lots of fruits, vegetables and whole grains. Choose a diet that's low in saturated fat and cholesterol, and moderate in sugar, salt and total fat.
- Avoid injury by wearing seatbelts and bike helmets, using smoke and carbon monoxide detectors in the home, and using street smarts when walking alone.
- Try to quit smoking – you can get help from the Live-Well Team (details below)
- Drink alcohol in moderation. Never drink before or while driving, or when you are pregnant.
- Ask someone you trust for help if you think you might be addicted to drugs or alcohol.

Help and advice about how to achieve a healthier lifestyle is available from the Live-Well website <https://www.livewellderby.co.uk/client-info>; if you don't have a computer you can ring on 01332 641254.