

Hangover. Grazed knee. Sore throat. Cough. = Self care

A well-stocked medical cabinet can help you to deal with minor accidents and injuries at home. A basic first aid kit should contain:

- Paracetamol
- Anti-diarrhoeal medicine
- Rehydration mixture
- Indigestion remedy
- Cream or spray to relieve insect bites and stings, and antiseptic cream
- Plasters and a thermometer
- Tweezers, scissors and sticky tape

Speak to your pharmacist who can recommend the best remedies for you and your family



Diarrhoea. Runny nose. Painful cough. Headache. = Pharmacy

Your local pharmacist can provide confidential, expert advice and treatment for a range of common illnesses and complaints, saving you having to wait for a GP appointment or go to A&E.

You can talk to them in confidence - even about the most personal symptoms - and you don't need to make an appointment.



**Vomiting.
Ear pain.
Stomach ache.
Back ache.** = GP surgery

Contact your GP Surgery if you can't treat yourself or have a medical issue that needs attention but isn't urgent.

Make an appointment with your practice nurse or GP for medical advice on an illness or injury that just won't go away.

If you need further medical advice or help during 'Out of Hours' or even during normal hours then call NHS 111. 

**Unsure?
Confused?
Out of Hours?** = NHS 111

NHS 111 provides expert health advice and information, at all times throughout the day and night. Someone will always be there to answer your call and help.

For 24/7 confidential health advice and information telephone **111** or visit **111.nhs.uk** or use **British Sign Language (BSL)** at [signvideo.co.uk/nhs111](https://www.signvideo.co.uk/nhs111)

