

# I don't feel very well... how long should I wait before I need treatment?

Most common ailments such as colds, a sore throat, cough, sinusitis or an ear infection can't be treated with antibiotics.

Rest, drink plenty of fluids, take some painkillers and have a chat with your pharmacist for advice on relieving your symptoms.



# What should be in your medicines cabinet?

Give your medicines cabinet a makeover to help you to be better prepared to self-care. GPs recommend your medicine cabinet should contain the following:



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.

# What does it cost to get your medicines cabinet in good shape to self-care?

All of the recommended items can be bought at your local pharmacy or on the high street. Take a look at our medicines cabinet – we bought all of these for under £10!



**Total bill £9.78!**

# Do you know how much these services cost the NHS?

Average Prescription

£25



GP Appointment

£36



District Nurse

£70



GP Home Visit

£110



A&E Visit

£130



Ambulance Carriage

£275



Average Inpatient Stay

£3283



(Average figures from kings fund)