

Be prepared for common ailments

Pain relief

Painkillers like aspirin, paracetamol and ibuprofen are highly effective at relieving many minor aches, pains and ailments, including a common cold

Antihistamines

Useful for allergies and insect bites, they're also helpful if you have hay fever

Oral rehydration salts

Fever, diarrhoea and vomiting can lead to dehydration. Oral rehydration salts are an easy way to help restore your body's balance of minerals and fluid



Anti-diarrhoea tablets

Diarrhoea is caused by a range of things, such as food poisoning or a stomach virus. Anti-diarrhoea medicine can control the symptoms of diarrhoea, though it won't deal with the underlying cause

Indigestion treatment

If you have stomach ache or heartburn, an antacid tablet or liquid will reduce stomach acidity and bring relief

Sunscreen

Keep a sun lotion of at least factor 15. Even fairly brief exposure to the sun can cause sunburn

Your first aid kit

A first aid kit can help treat minor cuts, sprains, bruises, bites and stings and reduce the risk of wounds becoming infected. It should contain plasters, bandages, sterile dressings, medical tape, antiseptic cream, tweezers, an eye wash solution and a thermometer

by keeping a well-stocked medicine cabinet at home

Your local pharmacy can help with many ailments, such as coughs, colds, asthma, eczema, hay fever, and period pain. They can give advice and recommend medicines that can help clear up the problem.

Instead of booking an appointment with your GP,
you can see your local pharmacy team any time – just walk in.

You can also call 111 for help, or visit the NHS website

NHS

North Yorkshire

Clinical Commissioning Group