



Choose Self Care

Practising self-care is something we all need to do every day.

Self-care includes eating nutritious food, exercising regularly, getting plenty of good quality sleep and doing activities that make you happy.

The use of medicines in self-care for some minor medical conditions is one way you can contribute to taking responsibility for your own health and wellbeing. Get ready for the winter season by stocking your medicine cabinet with essential supplies.

GP surgeries do not routinely prescribe readily available medication like paracetamol for minor conditions. Prescribing them costs the NHS millions every year, adding unnecessary strain to local GPs and the NHS. These items are widely available from pharmacies, supermarkets, and some high street retailers at a range of prices.

Did you know...?

- All licensed medicines in the UK are subject to the same quality control regulations regardless of where they are purchased.
- Non-branded medicines usually contain the same active ingredients as branded medicines, and often do the same thing, but cost less money. It's similar to choosing between big brand items and the supermarket's own label – the non-branded version is often cheaper.
- Your pharmacist can provide you with further advice on treating and managing common healthcare conditions and tell you when you need to seek further medical attention if your condition is more serious.



SCAN ME

#YourPrimaryCare

