

# Self-care

## Why is it so important for your health?

### Did you know your pharmacist can help you care for short-term, common and minor illnesses?

The following lists some of the short-term, common, minor illnesses and conditions that can be easily treated with self-care products or over-the-counter medication and with help and support from your local pharmacy.

- Conjunctivitis
- Dandruff
- Diarrhoea (Adults)
- Dry eyes / sore tired eyes
- Indigestion / heartburn
- Infrequent constipation
- Mild to moderate hay fever
- Mild acne
- Mild dry skin
- Mild irritant dermatitis
- Minor pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain)
- Oral hygiene
- Ringworm / athletes foot
- Travel sickness
- Vitamins, minerals, and probiotics

Self-care products and over-the-counter medication are available to purchase from shops or pharmacies. Ask your pharmacist about local schemes to access these medications without a prescription.

Your pharmacist will provide you with free and confidential advice and tell you when you need to seek further medical attention if your condition is more serious.



SCAN ME

For further advice about common illnesses, medication, available services, location and pharmacy opening times, visit the NHS website:



[www.nhs.uk](https://www.nhs.uk)

Developed by NHS organisations  
in South East London

Review date: May 2024