

I recommend  
self-care for  
minor illnesses  
because it's

**NHS**

**SIMPLE**



## BE PREPARED TO SELF-CARE

### Medicine Cabinet Cost

Paracetamol	£0.59
Paracetamol liquid	£1.75
Ibuprofen tablets	£0.29
Ibuprofen liquid	£1.77
Indigestion tablets	£2.00
Rehydration sachets	£1.99
Laxative tablets	£2.89
Anti- Diarrhoea tablets	£1.00
Antihistamines tablets	£1.90
Cold relief capsules	£0.55
Throat Lozenges	£2.25
Decongestant tablets	£1.15

Costs are approximate based on prices October 2018

Many items can be bought on a budget from local supermarkets or pharmacies. If in doubt ask your Pharmacist for advice.

Find out more about self-care at: [www.nhsstaywellerbyshire.co.uk](http://www.nhsstaywellerbyshire.co.uk)

**Be self-care aware**