What is Self-Care?

yourself to keep healthy and happy. Self-care refers to the actions we take to It's about doing small, everyday things for recognise, treat and manage our own health.



What are the benefits?

NHS. There are lots of benefits to self-Self-care is good for you and for the

We believe it's

OUICKER

or supermarket and have them ready to over the counter at your local pharmacy No need to wait for a GP appointment. use at home. You can buy the medicines you need

often for much less than a prescription your local pharmacy or supermarket, without the need for a prescription at Many treatments can be bought

SIMPLE

on the best treatment for your minor also call into any pharmacy for advice care is widely available online. You can Advice and information about self-

CONSIDERATE

practices, A&E and could potentially save the NHS around £136m every year. Self-care helps relieve pressures on GP



manage minor illnesses. now available to support self-care and to help There is lots of information

Here are our top suggestions

Online Self-care advice for minor illness

NHS Choices www.nhs.uk

website. It has lots of advice on illnesses and how to treat them. NHS Choices is the UK's biggest health

www.nhsstaywellderbyshire.co.uk NHS Stay Well Derbyshire

Derbyshire specific information. on common minor illnesses. You can also This website has lots of leaflets with advice find your nearest pharmacy and other

HANDi App

with the common childhood illnesses. parents and carers looking after children This free app offers help and advice for

on Itunes and Google Play. This can be downloaded via the app store

self-care and wellbeing Online advice for general

Pharmacy

Pharmacists are trained

Live Life Better Derbyshire

give advice on the best treatment professionals who are ready to

for minor conditions such as:

offers friendly advice on feeling fitter, FREE help to live life better. This website losing weight and quitting smoking.

offering support and advice. can be tough to make changes and will be with you every step of the way Live Life Better Derbyshire staff know it

www.livewellderby.co.uk

and transform your life. to lose weight, stop smoking, get fitter caring experts are ready to support you Helping Derby livewell for FREE. Their

www.nhs.uk/oneyou

Hayfever

Thrush

so you feel better and healthier, every day you make small changes that fit your life, One You is another great website to help

www.livelifebetterderbyshire.org.uk

Diarrhoea Dry skin Dry eyes Cold sores **Dental pain** Cough Constipation Conjunctivitis Haemorrhoids Earache Fever Sore throat Threadworm Teething Temperature Rashes Nappy rash **Migraines** Insect bites Indigestion Heartburn Head lice Headaches

offer confidential advice. consultation room where they can Most pharmacies offer a private

reassurance about how long these may last and what to do if they your symptoms and offer advice and Pharmacists can talk you through continue or get worse.

help you find the most to offer advice and Pharmacists are there appropriate treatment

When you call 111, an advisor will ask you some questions to help assess your symptoms.

you advice or direct you to the best service Once they have done this they will offer for you in the local area.

self-care but my symptoms persist? What should I do if I am trying to

If you look your illness up on www.nhs.uk it will tell you how long symptoms normally than you would have expected then you last. If your symptoms are lasting more should seek further advice from your pharmacist or GP.

a life-threatening advice but it's not medical help ar You should use urgently need service if you the NHS 111 situation.



Preparing to self-care

your family and friends are feeling under the weather. These affordable key items will help when you or Be prepared and stock up your medicine cabinet.

We recommend:

Medicines

Pain killers

Bandages

First Aid

Plasters

- Cold and flu remedies
- **Decongestants**

Thermometer

Antiseptic

- Antihistamines
- Anti-diarrhoea medication

Eyewash solution Sterile dressing

- Oral rehydration salts
- Indigestion remedies

Having some medicines at home means peace of mind.

Tweezers

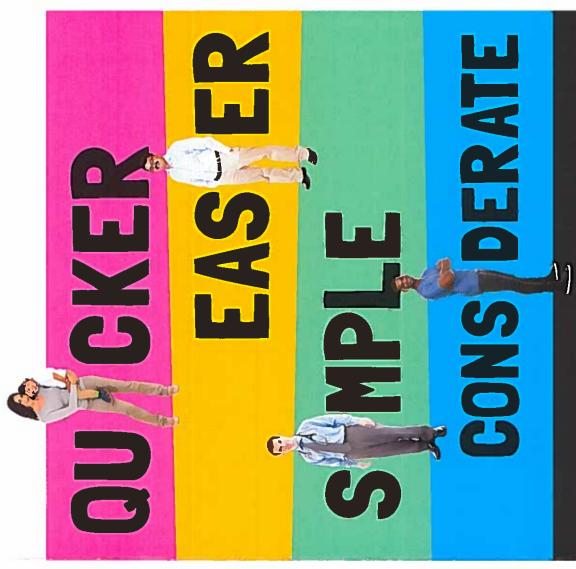
Be self-care aware

Find out more about self-care at:

www.nhsstaywellderbyshire.co.uk

Your guide to being self-care aware





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