



Be Self Care Aware

You may be asked to buy some common medicines, available from your local pharmacy or shop, rather than getting them on prescription. This will free up time for appointments that can be used for people with serious health problems.

Speak to your local pharmacist about stocking up your medicines cabinet to treat common conditions for you and your family.

By keeping a selection of essential medications at home you can treat common conditions in a timely

manner, and avoid unnecessary trips to see your doctor and/or even visits to the A&E department.

The following are examples of what can be purchased from your local pharmacy or supermarket.

- Allergy medicines
- Simple pain killers like paracetamol and ibuprofen
- Sore throat, coughs, colds and flu medications
- Anti-diarrhoea medication
- Rehydration salts
- First aid kit including plasters and bandages
- Thermometer

Your local pharmacy

Community pharmacists have the knowledge and skills to help and advise you on treating common conditions, how to use the medicines you have at home and can inform you of local services that are available to you.

There are more than 30 pharmacies across High Weald Lewes Havens, on the high street, in some supermarkets and in shopping centres.

You don't need an appointment to see the pharmacist, just pop in. They are always happy to help and answer any questions you have.

Many pharmacies are open late nights and at the weekend, which is convenient for people who work and if you or any member of your family feels unwell when the doctor's surgery is closed.



Details of your local pharmacy and their opening times can be found here:



www.nhs.uk/chemist

For more information on what to keep in your medicine cabinet go to:
[www.nhs.uk/Livewell/Pharmacy/
Pages/Yourmedicinecabinet.aspx](http://www.nhs.uk/Livewell/Pharmacy/Pages/Yourmedicinecabinet.aspx)



For more information on treating common conditions go to:
[www.nhs.uk/Livewell/Pharmacy/
Pages/Commonconditions.aspx](http://www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx)



Please store medicines in a safe place, out of the reach of children and always check the expiry date of medicines before use. Please return all out of date medications to your local pharmacist.