

## Self-Care Week Tips

You can get your medicines cabinet in good shape to self-care for less than £10. All of the recommended items can be bought at your local pharmacy or on the high street.

Take a look at the medicines cabinet pictured to the right.

**What does it cost to get your medicines cabinet in good shape to self-care?**

All of the recommended items can be bought at your local pharmacy or on the high street. Take a look at our medicines cabinet – we bought all of these for under £10!

Ibuprofen 25P	Junior Paracetamol £1.90	Aspirin 30P	Paracetamol 25P	
Lozenge 99P	Diarrhoea Relief £1	Constipation Relief £1.60	Antacid 99P	Antihistamines £2.50

**Total bill £9.78!**

Most common ailments such as colds, a sore throat, cough, sinusitis or an ear infection cannot be treated with antibiotics.

Rest, drink plenty of fluids, take some painkillers and have a chat with your pharmacist for advice on relieving your symptoms.

**I don't feel very well... how long should I wait before I need treatment?** **NHS**

Most common ailments such as colds, a sore throat, cough, sinusitis or an ear infection can't be treated with antibiotics.

Rest, drink plenty of fluids, take some painkillers and have a chat with your pharmacist for advice on relieving your symptoms.

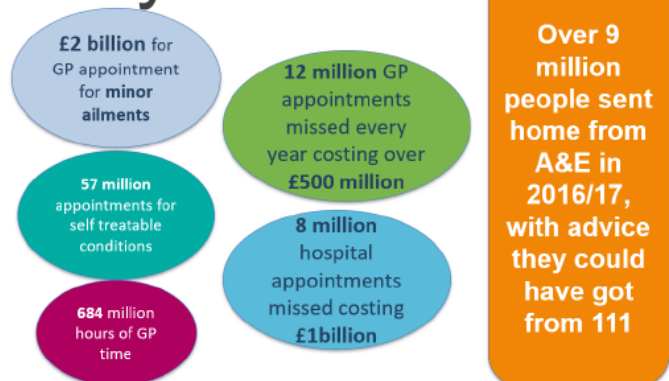
Ear Infection Around Four Days	Sore Throat Around One Week	A Cold A Week & A Half	Sinusitis Two & A Half Weeks	Cough Around Three Weeks
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Did you know that in a year 57 million GP appointments are for self-treatable conditions and 12 million appointments are missed? The missed appointments alone cost over £500 million.

For advice on self-treatable conditions visit:

<https://www.cheshireccg.nhs.uk/help-us-help-you/self-care/>

## Did you know-



In year 2016-17 – figures from NHS570

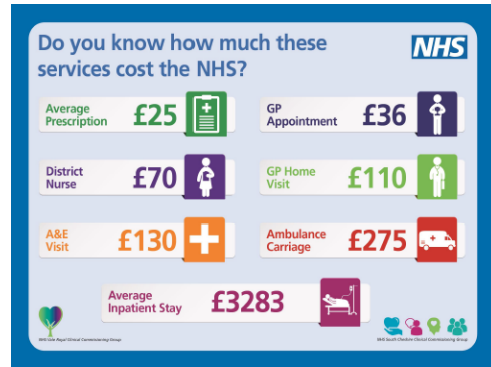
Do you know how much services cost the NHS?

It costs £130 for an A&E visit and £36 for a GP appointment.

If you are unsure about what medical help you need, visit 111 <https://111.nhs.uk/> or get advice from your pharmacy.

This year has been challenging for us all and may have affected your wellbeing. Support is available if you feel that you need it. Visit <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/#your-mental-health> for mental health support and advice.

Feel like you need medical help but not sure what to do? Go straight to 111. Call or go online: <https://111.nhs.uk/>



## Did you know-

All of these elements affect our wellbeing



The life expectancy gap between the most and least deprived areas in the UK is 19 years

