

Be self-care
aware!

NHS

Compare the costs

Where you visit	Self-care (Pharmacy or Super-)	GP (with prescription supplied)	Minor Injury Unit (with medication sup-)	Accident & Emergency (with medication)
Blocked Nose	£1.50	£40.05	£86	£171
Diarrhoea	£0.59	£40.13	£86	£171
Indigestion & Heartburn	£2.49	£40.05	£86	£171
Hay Fever	£1.59	£40.00	£86	£171

Make the right choice

Choosing to **self-care** when you have a minor illness can help you and the NHS.

Self-care is **simple**, **quick**,
easy and **considerate**.

Costs based on medicine cost plus operational or contractual costs of providing the additional service as at Nov 2022

Find out more about self-care at: joinedupcarederbyshire.co.uk/stay-well/self-care/

Be self-care aware