

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

**NHS**

**SIMPLE**



## Be prepared to self-care

### Essential items for your medicine cabinet

Item	Cost
Paracetamol	£0.30
Paracetamol liquid	£1.95
Ibuprofen tablets	£0.35
Ibuprofen liquid	£1.95
Indigestion tablets	£3.00
Rehydration sachets	£1.99
Laxative tablets	£2.82
Anti-diarrhoea tablets	£1.00
Antihistamine tablets	£2.00
Cold relief capsules	£0.60
Throat lozenges	£2.50
Decongestant tablets	£1.15

Costs listed above are approximate and based on a supermarket retailer's own-brand prices at November 2022

All the items you need to stock your medicines cabinet can be bought on a budget from local supermarkets or pharmacies

**If in doubt, pop into your nearest pharmacy for advice**

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

**Be self-care aware**