Beprepared...

To make over your medicine cabinet

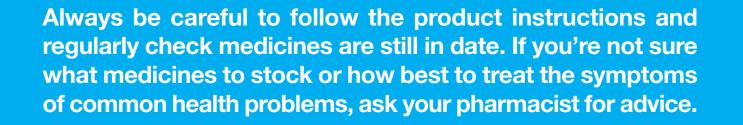
Coughs, colds, headaches and other common illnesses can leave you feeling unwell and struggling to carry on as normal. Be prepared by keeping a well-stocked medicine cabinet at home.

All it takes is just 5 minutes to make sure your medicine cabinet is ready to help you manage common illnesses. GPs recommend your medicine cabinet should contain the following:

- ✓ A self care guide
- Painkillers, such as paracetamol or ibuprofen
- ✓ Antihistamines for allergies
- ✓ Antiseptic cream for bites and stings
- ✓ A laxative to help constipation
- ✓ Sunscreen
- A first aid kit with plasters

Self Care for all the family

and bandages to manage cuts and sprains





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