

# Choosing the right care, first time

Health services are very busy at the moment. Help us to help those most in need. Follow these steps to use the right treatment:

## Self care

You can treat most common ailments and illnesses at home by keeping a well-stocked medicine cabinet. This should include:

- **Pain relief** e.g. paracetamol or ibuprofen
- **Children's paracetamol oral suspension and ibuprofen syrups** – free from pharmacy if you receive free prescriptions.
- **Mild laxatives** to relieve constipation.
- **Cold relief products.**
- **Rehydration mixtures** to use if feeling dehydrated after a bout of sickness or diarrhoea.
- **Indigestion remedy.**
- **A range of bandages, plasters, non-absorbent cotton wool, elastic bandages and dressings** for minor cuts, sprains and bruises.



## Pharmacy first

Many pharmacies are open early until late and on weekends and bank holidays. You don't need an appointment, and can just pop in and get expert medical help from a qualified healthcare professional. Most pharmacies now have a private consultation area where you can discuss your issues and concerns without being overheard.

### Pharmacy First

Many of Rotherham GPs and community pharmacies are part of the Pharmacy First scheme which enables you to get medication direct from the pharmacist without a prescription. Plus if you don't normally pay prescription charges you can get medicine supplied under the scheme **FREE OF CHARGE**.

For a list of pharmacies in the scheme visit:  
[www.rotherhamccg.nhs.uk/pharmacy-first.htm](http://www.rotherhamccg.nhs.uk/pharmacy-first.htm)



Look out for the Pharmacy First badge in a pharmacy near you



## Children

All children get colds. This is a normal part of growing up and no medicines can prevent them. The best way to look after your child is to make sure they have plenty to drink and if they have a temperature some paracetamol will help. Most doctors don't recommend cough medicines and antibiotics won't help a cold.



## NHS 111

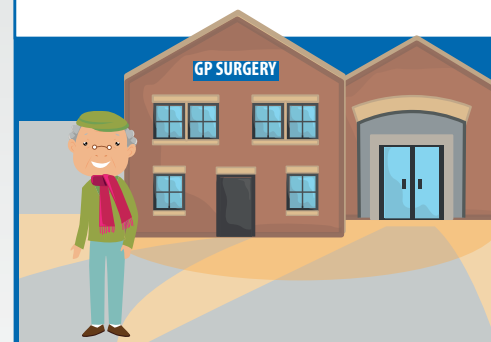
NHS 111 offers confidential health advice and information by telephone.

Ring 111 if you are ill and have questions about your health and where to get treatment.



## GP surgeries

Make an appointment with your local GP if you have an illness or injury that will not go away.



**NHS**

**Rotherham**

**Clinical Commissioning Group**