



# Having a well-stocked medicine cabinet can support your health

## What you should purchase for your home medicine cabinet:

- **Paracetamol** or **aspirin** for those 16 years and over
- **Paracetamol** or **ibuprofen liquids** (or both) for those under 16 years. Read the label or instructions carefully to ensure the correct dose is given
- **Oral rehydration salts** for recovery from fever, diarrhoea or vomiting
- **Antihistamines** for the relief of allergies and insect bites
- **Travel sickness** tablets
- **Indigestion remedies** e.g. liquid antacids
- **Anti-diarrhoea** tablets
- **Sunscreen** - SPF15 or higher
- **Sunburn** treatment
- **Tweezers and sharp scissors**
- **First aid products** such as plasters, non-absorbent cotton wool, bandages, medical tape and sterile dressings, thermometer, antiseptic wipes/cream and eye wash solution

For further information, search for medicine cabinet on [www.nhs.uk](http://www.nhs.uk)

## Remember:

- Keep the medicine cabinet locked in a secure place and out of reach of small children
- Always read the instructions and use the suggested dose
- Watch expiry dates – don't keep or use medicines past their use-by date
- If you are pregnant or take other medications, please check with your pharmacist or doctor before you self-medicate

