

## The top 10 minor illnesses which can be treated at home are:

- **Constipation** - if it is uncomplicated, you have had it for less than seven days and haven't yet tried over the counter remedies to treat it
- **Lower back pain** - which can be treated with painkillers available from the chemist
- **Eczema** - which is mild to moderate (in patients over 12 years old) and can be managed with remedies available at the chemist
- **Sore throat** - which is likely to be caused by a virus and has lasted for less than two weeks
- **Fever** - in children over six months old, without serious underlying causes. If the fever lasts for more than five days or if more serious symptoms develop, see a GP
- **Heartburn and indigestion** - if Minor. If your symptoms do not clear up within two weeks or get a lot worse, you should see your GP
- **Coughs** - which are uncomplicated and probably caused by a virus
- **Simple strains or sprains** - which can be managed by over the counter painkillers
- **Headaches** - which are uncomplicated and have lasted less than three days - try medicines available from the pharmacy first
- **Acne** - mild to moderate, which can be managed by over the counter products



**think!**  
right treatment  
right place



## Eczema

**Many minor illnesses can be treated at home without the need to visit your GP.**

**Please THINK - get the right treatment in the right place and make sure we keep GP appointments and urgent care services for those who really need them. Unnecessary GP appointments for minor illnesses cost the NHS £2 billion a year.**



Your local pharmacy can give help and advice and many products available there can ease your symptoms and support your recovery. If you are unsure call 111 for immediate advice.



You can also check your symptoms at [www.nhs.uk/symptomchecker](http://www.nhs.uk/symptomchecker)

# Here is some advice on how to treat your current condition now and in the future.

## How do I treat eczema?

- Eczema can be itchy and swollen, skin can be cracked and appears red or darker in colour. It is a persistent dry skin condition and can range from mild to quite severe. It can be present all the time or flare up occasionally
- Try to avoid soap and bubble bath as this can make it worse. Use emollients (moisturising treatments which protect the skin) instead
- Try to avoid things in your environment which could be triggering the eczema. These might include pet hair, smoke, stress, certain weather conditions, detergents, pollen or dust mites
- Try to avoid scratching
- Wear clothes from materials such as cotton which are less likely to irritate your skin. Try to avoid wool or irritating synthetic fabrics
- Use moisturisers regularly, even when you don't have eczema



## When should I seek medical help?

- If your skin is weeping and painful, you may have an infection and should see your GP
- If you get a painful, blistery rash, which could be an infection, such as herpes simplex
- If large areas of your body, such as most of your chest, back or limbs become dry or red
- If your skin problems severely affect your sleep or impair social activities such as swimming

Ask your pharmacist for advice or over the counter products which can help mild to moderate eczema or get more information here:

[www.nhs.uk/conditions/eczema-\(atopic\)](http://www.nhs.uk/conditions/eczema-(atopic))

