

## 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



## Headache

**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 should I treat a headache?

- The most common cause of headaches is tension. Tension headaches cause mild or moderate pain
- Headaches are extremely common and are often caused by stress, dehydration or skipping meals. They can also be a symptom of colds or blocked sinuses
- Migraines cause more pain but can still often be treated using medicines available from your pharmacist. They can be caused by certain foods, hormones, stress or tiredness
- Try to get plenty of rest and sleep
- Use relaxation techniques, such as music or relaxation CDs
- Drink at least six glasses of water a day
- Avoid alcohol and eat regular meals
- Use painkillers such as paracetamol or ibuprofen to relieve symptoms



## When should I seek medical help?

- If you feel generally unwell, including between headaches or start to vomit, particularly if you develop a stiff neck or feel drowsy
- If your headaches aren't relieved by pharmacy treatments
- If your headaches are so painful that they're limiting your ability to get on with life or are causing you to miss work
- If you notice a change in your speech
- If you have suffered a head injury
- If your eyes feel uncomfortable looking at bright lights or you suffer from blind spots

Ask your pharmacist for advice or find some more information here:

[www.nhs.uk/conditions/headache](http://www.nhs.uk/conditions/headache)

