



Self-care Information

Medicines Cabinet & First Aid Kit

Tips on things you could keep at home to help treat minor illnesses and injuries.

“Supporting you to look after you and your family”

Key Points:

- Always follow the instructions on medicines packet and leaflets.
- Store medicines out of sight and reach of children.
- Regularly check the expiry dates of the medicines in your cabinet. Any unwanted medicines should be taken to your local pharmacy for destruction.
- Speak to your pharmacist for advice on medicines.

Your medicine cabinet and first aid kit.

You can be prepared for common illnesses and minor injuries by keeping a well-stocked medicine cabinet at home. Medicines should be stored out of sight and reach of children, in a cool, dark place. Light, temperature and moisture can affect some medicines.

Things you might like to include in your medicine’s cabinet.

- **Simple pain relief**, such as paracetamol and ibuprofen.
- **Decongestants**, for short-term relief of a blocked or stuffy nose. These are available as tablets, capsules, and nasal sprays.
- **Indigestion remedies**, to help with indigestion or heartburn. These are usually an antacid and come in a liquid or chewable tablet form.
- **Antihistamines** are helpful to deal with allergies, hayfever, and insect bites. These can be a liquid or tablet. Antihistamine creams are also available, and are particularly useful for stings, bites, and rashes.
- **Anti-diarrhoea tablets**. Speak to your GP or pharmacist for advice if your child is suffering these symptoms.
- **Oral rehydration salts**. These help to restore the body’s natural balance of minerals and fluid caused by dehydration. We can become dehydrated due to fever, diarrhoea or vomiting.





Speak to your pharmacist if you are taking any other medicines, or if you are pregnant or breastfeeding as this may affect which treatments you can use safely.

Things you might like to include in your first aid kit.

- **Bandages**, which can be used to support injured limbs, or apply pressure to larger cuts before being treated in hospital.
- **Plasters** in a range of sizes, waterproof if possible.
- **A thermometer**. Digital thermometers that you put in your mouth, give very accurate readings. An under-arm or ear thermometer may be better for babies and young children.
- **Antiseptic cream or spray**, to apply to cuts before bandaging.
- **Eye wash solution**, to help wash grit or dirt out of the eyes if needed.
- **Sterile dressings**, to cover larger cuts, until they can be treated by a healthcare professional.
- **Tweezers** for removing splinters. If a splinter is left, it can cause discomfort and could become infected.



A good medicine/first aid kit can also help you self-manage common illnesses and minor injuries when travelling on holiday too.

Here are some links to further information:

- Look at the NHS Website: <https://www.nhs.uk/>
- For a Patient Website: <https://patient.info/news-and-features/when-did-you-last-check-your-medicine-cabinet>
- For more advice visit your local pharmacy

