

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



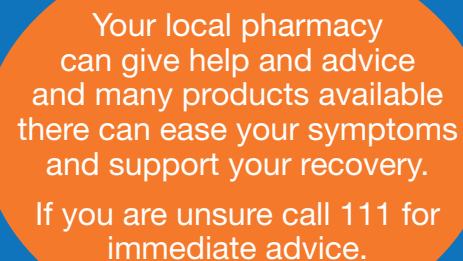
think!
right treatment
right place

Acne



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

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

How should I treat acne?

- Acne is a common skin condition which causes spots to develop, usually on the face, chest or back
- Keep your skin clean
- Get products such as creams, lotions or gels from your local pharmacy which can help to tackle the spots. You need to use these for at least six weeks to see results and if they are working, continue for at least four to six months
- Wash your face with warm water and avoid highly perfumed soaps
- Avoid hot water and rough flannels
- Avoid squeezing spots



When should I seek medical help?

You should seek medical assistance, e.g. an appointment with your GP:

- If your acne is not improving after trying over the counter products and is distressing you
- If you notice scarring, despite treating the acne with products
- If your acne causes you physical pain or you feel generally unwell

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

www.nhs.uk/conditions/acne

