

# Your guide to SELF-CARE



Looking after yourself if you have a minor illness, ailment or injury

## What is self-care?

Self-care is the action you take to improve and maintain your health.

It ranges from lifestyle choices, like eating healthily and exercising, to treating minor ailments and managing long-term conditions.

Self-care is recommended if you have a common condition you can manage without seeing a doctor. These include colds, hay fever, sprains and strains, sore throats, sinusitis, earaches and headaches.



So, it's important to remain stocked up on the key items that will help if you or a family member feels unwell – for example, medicines like:

- Pain killers
- Cold and flu remedies
- Decongestants
- Antihistamines
- Anti-diarrhoea medication

...and first-aid items such as:

- Bandages
- Plasters
- Thermometers
- Antiseptics
- Eyewash solutions.

## How do I know if self-care is appropriate?

There are several NHS-approved online resources available to help you find out if self-care is appropriate for your condition. They also give advice on how to treat yourself. Here are some examples:



### The NHS app

A simple and secure way to check symptoms, find appropriate treatments and find out if your condition needs urgent help.



### HANDi Paediatrics app

Gives simple and straightforward advice to help you manage the common childhood illnesses.



### eConsult (available through the [Chillington Health Centre website](#))

As well as enabling you to consult online with your GP,

eConsult carries a wealth of advice and guidance on how to self-care.



### MyHealth Devon website

([www.myhealth-devon.nhs.uk](http://www.myhealth-devon.nhs.uk)) Provides the people of Devon with the information they need to make choices about their health and care.



### myDiabetes and myCOPD apps

(available through the 'my mhealth' app) These apps help people with diabetes and COPD manage their condition and tackle some of the common issues associated with it.

... and if you need more information on a minor ailment, your local pharmacist is on-hand to give you advice without the need for an appointment.

## How will I benefit from self-care?

Self-care makes life easier for you and others, because it's ...

### ✓ Quick

Rather than wait for a GP appointment, you can instantly access a range of reliable, easy-to-use self-care resources (see previous page).

### ✓ Convenient

You avoid unnecessary trips to the surgery and don't have to disrupt your day. And, because you can usually buy the medicines you need at your local pharmacy or supermarket, there's no need for a prescription.

### ✓ Considerate

In the UK, millions of GP consultations every year are used to discuss ailments that could be treated at home. Self-care helps relieve pressures on GP practices, which is particularly important as the UK is experiencing a shortage of GPs.

For more information on self-care visit [www.chillingtonsurgery.co.uk](http://www.chillingtonsurgery.co.uk)



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