

Looking after yourself when you're feeling under the weather with a minor illness is easy if you already have a well-stocked medicine cabinet. Keeping the following items will mean you can stay at home and focus on getting back to full health.

What to keep in your medicine cabinet

- **Painkillers** – Aspirin, paracetamol and ibuprofen are highly effective at relieving most minor aches, pains, coughs and cold
- **Oral rehydration salts** – can help restore your body's natural balance of minerals and fluid lost through diarrhoea, fever, vomiting – if you can't continue your normal diet
- **Anti-diarrhoea tablets** – it's a good idea to keep anti-diarrhoea medicine at home as diarrhoea can happen without warning. Causes include food poisoning and a stomach virus
- **Antihistamines** – Useful for dealing with allergies, insect bites and hay fever
- **Indigestion treatment** – If you have stomach ache, heartburn or trapped wind, a simple antacid will reduce stomach acidity and bring relief
- **Suncream** – Keep a suncream of at least factor 15, with UVA protection. Exposure to the sun can cause sunburn and increase your risk of cancer.
- **Thermometer.**