

Be self-care
aware!

NHS

Compare the costs

Where you visit	Self-care (Pharmacy or Super-market)	GP (with prescription supplied)	Minor Injury Unit (with medication supplied)	Accident & Emergency (with medication supplied)
Blocked Nose	£1.35	£32.64	£50.12	£167.27
Diarrhoea	£2.50	£33.79	£51.27	£170.42
Indigestion & Heartburn	£3.00	£34.29	£51.77	£170.92
Hay Fever	£3.00	£34.29	£51.77	£170.92

Make the right choice

Choosing to **self-care** when you suffer from a minor illness can help you and the NHS.

Self-care is **simple**, **quick**,
easy and **considerate**.

Costs based on medicine cost plus operational or contractual costs of providing the additional service as at Nov 2021

Find out more about self-care at: www.nhsstaywellerbyshire.co.uk

Be self-care aware