

At home



Grazed
Knee



Sore
throat



Cough

A lot of common illnesses and injuries can be treated at home with medicines you can buy at a chemist, and plenty of rest. Useful medicines include:

- Paracetamol & aspirin – for pain relief
- Decongestants – for stuffy noses
- Indigestion remedies – tablets or liquids to help with heartburn
- Antiseptic creams – for cuts and grazes



Never give aspirin to children under 16.
Always follow the instructions on the pack.
Keep medicines out of the reach of children

You can also be prepared by keeping a first aid kit at home. Useful items include: bandages, plasters, thermometer, sterile dressings, medical tape and tweezers.



Children can recover from illness quickly but also can become poorly quickly. It is important to seek further advice if a child's condition gets worse

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