

Patient self-care

NHS England has instructed primary care that any medication that can be purchased from a supermarket or pharmacy should no longer be prescribed. This includes medications for the following:

Acute sore throat	Infrequent cold sores on lips
Conjunctivitis	Coughs and colds and nasal congestion
Cradle cap (seborrheic dermatitis in infants)	Haemorrhoids
Infant colic	Mild cystitis
Mild irritant dermatitis	Dandruff
Diarrhoea (adults)	Dry eyes/sore tired eyes
Earwax	Excessive sweating
Head lice	Indigestion and heartburn
Infrequent constipation	Infrequent migraine
Insect bites and stings	Mild acne
Mild dry skin	Sunburn due to excessive sun exposure
Sun protection	Mild to moderate hay fever/seasonal rhinitis
Minor burns and scalds	Mouth ulcers
Minor conditions associated with pain, discomfort and fever (eg aches and sprains, headache, period pain, back pain)	Nappy rash
Oral thrush	Prevention of dental caries
Ringworm / athletes foot	Teething / mild toothache
Threadworms	Travel sickness
Warts and verrucae	

If you have any concerns please contact the **CCG patient experience team** **01392 267 665** or **300 123 1672**

email@ pals.devon@nhs.net

Write to: Patient Advice & Complaints Team
FREEPOST EX184 County Hall, Topsham Road, Exeter EX2 4QL