

Do you have mild dry skin? If so, it can and should be treated without seeing a doctor. Speak to your pharmacist about how they can support you to look after your skin in line with new NHS England guidance.

What can I do to help?

Several products are available to purchase. By following the steps below, it can reduce the incidence of dry skin:

- Apply moisturisers (creams, lotions & ointments) liberally 3 to 4 times a day.
- Moisturisers are best applied after washing your hands, taking a bath or showering because this is when the skin most needs moisture.
- Do not rub the moisturiser in – smooth it into the skin in the same direction body hair grows.
- Limit bath time, use warm water and avoid harsh, drying soaps.

When should I see a GP?

- If dry skin is accompanied by redness and/or inflamed.
- If dryness and itching interfere with sleeping.
- If you have open sores or infection from scratching.
- If you have large areas of scaling or peeling skin.



If you suffer from dry eyes/sore tired eyes, speak to your pharmacist about how they can support you manage the condition, in line with new NHS England guidance.

What can you do to help?

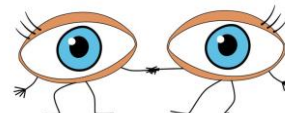
Follow the self-care measures below:

- Protect your eyes from environmental factors (e.g. wind, hot air, smoke and dust) by wearing wrap around glasses.
- If you wear contact lenses, take them out and wear glasses to rest your eyes.
- Take breaks when using a computer and adjust screen to prevent strain.
- Keep your eyes clean using the following methods:
 - Soak a flannel in warm water & gently press it on the area around your eyes - this makes the oil produced by the glands around your eyes more runny.
 - Gently massage your eyelids with your finger - this pushes the oils out of the glands.
 - Clean your eyelids by soaking cotton wool in freshly boiled and cooled water & gently wipe away any excess oil, crusts, bacteria, dust or grime that might have built up.
- Use over the counter eye drops, gels or ointments to lubricate the eyes.



When should you see an optician?

- If your dry/sore eye condition is not getting better after a few weeks of self care
- Extreme sensitivity to light (photophobia)
- Very painful or red eyes
- Changes in vision or the shape of your eyelid



You can prevent sun burn symptoms by using sun protection products. This can easily be bought in a pharmacy or supermarkets without a prescription.

What can I do to help?

- Use sunscreens from spring to autumn and make sure is not past its expiry date.
- Apply sunscreens thickly and frequently (approximately every two hours). It should be reapplied straight after you have been in water, even if it's "water resistant" and after towel drying, sweating or when it may have rubbed off.
- Use sunscreen preparations with highest sun protection factor (SPF)
 - Minimum of factor 15 to provide maximum protection (protects against UVB) and 4 or 5 star rating (protects against UVA).
- Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.
- Avoid burning by covering up with suitable clothing, hat and sunglasses.
- If you are taking a drug that may cause photosensitivity try to avoid direct sunlight, drugs like ciprofloxacin, amiodarone



When shall I see a GP?

- If a young child or baby has sunburn as their skin is particularly sensitive.
- If you have signs of severe sunburn e.g. blistering or swelling of the skin, chills, high temperature of over 38°C or dizziness, headaches and feeling sick – symptoms of heat exhaustion.



Travel Sickness can be treated without a prescription or seeing your doctor. Speak to your pharmacist about how they can support you to prevent travel sickness.

What can you do to help?

- Avoid eating heavy meals before travelling.
- On long journeys, try breaking the journey up by having some fresh air, drinking some cold water and, if possible, taking a short walk.
- Breathe fresh air if possible. For example, by opening a car window.
- Avoid strong smells, particularly petrol and diesel fumes. This may mean closing the window and turning on the air conditioning, or avoiding the engine area in a boat.
- Close your eyes (and keep them closed for the whole journey). This reduces 'positional' signals from your eyes to your brain and reduces the confusion.
- Do not try to read or watch a film. Try listening to an audio book with your eyes closed.
- More severe motion sickness can be treated with over the counter medicines.

When shall I see a GP? If the sickness regularly persists after the journey



Self care fact sheet – Infrequent Constipation

Constipation is a very common problem and affects people of all ages, although it occurs more frequently as we get older. It occurs when your bowel movements become less frequent than is usual for you. Your local pharmacist who can advise and recommend over the counter treatments for you.

What can you do to prevent constipation?

- Increase the amount of exercise you do. Regular activity helps to move stool through the bowel and strengthens your abdominal (stomach) muscles.
- Consider avoiding, if it is appropriate to do so, any medicines that may constipate such as opioids e.g. codeine, iron tablets.
- Improve your toilet routine. Keep to a regular time and give yourself plenty of time. Do not delay. Try resting your feet on a low stool whilst on the toilet. If possible, raise your knees above your hips
- Increase your daily fluid intake to about two litres. Increase the amount of clear fluids you drink. Include fruit juices and vegetable soup for variety and fibre. **Avoid alcohol.**
- Eat more foods that are high in fibre, such as fruit, vegetables and wholemeal bread, pasta and rice. Try to have at least five servings of fruit and vegetables daily. Experts recommend an intake of 18g of fibre daily.
- For further information see this website <https://www.nhs.uk/conditions/constipation/>

When shall I see a GP?

If you notice any persistent change in your bowel habit, or any of the following:

- | | |
|--|--|
| <ul style="list-style-type: none"> • needing to go to the toilet more often • having looser stool • bleeding from your bottom or stomach pain • change prescribed medication causing constipation | <ul style="list-style-type: none"> • feel bloated and it lasts a long time • unexpectedly lost weight • feel very tired all the time • regularly constipated lasting a long time |
|--|--|

