

Me and my Medication



Where you get them from



We all get poorly sometimes, we might catch a cold, cough or flu or we can feel sick. These are called common illnesses and for these types of illness, we often go to the chemist, local shop or to the supermarket.



Here, we can buy medication for common illnesses such as cold, flu, sore throat or sickness.



But, if you continue to feel unwell for more than a few days, it's a good idea to see your local doctor or ask for help over the phone by ringing NHS 111.



Your doctor may know what's wrong with you and what medicine to give you.



The doctor may give you an antibiotic that works against lots of different bacteria, which may be making you poorly, so it's important that you take it the way your doctor tells you.



If you get medication from your local shop or supermarket then it is important that you read the instructions, or get someone you trust to help you.



If you get medication from your Doctor then it is important to make sure you understand them and how to take them safely.

Ask your doctor to write things down if that helps you.



You should NEVER buy medication over the internet.