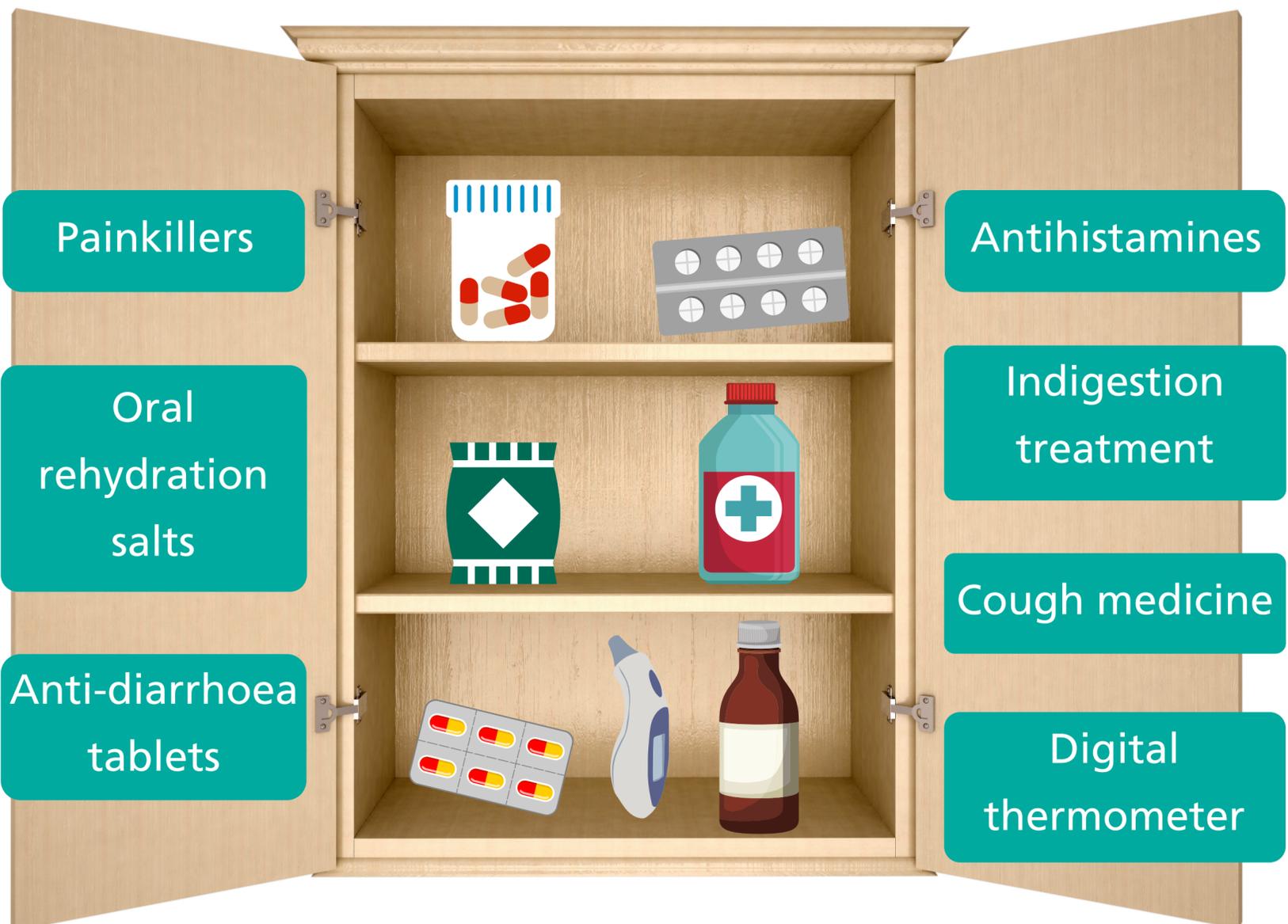


# Is your medicine cabinet stocked up?



**Painkillers** like paracetamol, ibuprofen and aspirin can help with colds and flu by reducing aches, pain and high temperatures.



**Oral rehydration salts** help restore your body's natural balance of fluid and minerals after diarrhoea or being sick.



Diarrhoea can be caused by things like food poisoning or a stomach virus. It's a good idea to keep an **anti-diarrhoea medicine** at home.



**Antihistamines** are useful for dealing with allergies and insect bites.



If you have stomach ache or heartburn, medicine called **antacid** will reduce stomach acidity and bring relief.



**Cough medicines** can ease discomfort by helping you to cough less.



**Digital thermometers** help you check for fevers.



**Grab these items over the counter.**