

The 35 minor, short-term conditions and two items of limited clinical effectiveness are:

Self-limiting illnesses

1. Acute sore throat
2. Infrequent cold sores of the lip
3. Conjunctivitis
4. Coughs and colds and nasal congestion
5. Cradle cap (seborrhoeic dermatitis – infants)
6. Haemorrhoids
7. Infant colic
8. Mild cystitis

Minor illnesses suitable for self-care

9. Mild irritant dermatitis
10. Dandruff
11. Diarrhoea (adults)
12. Dry eyes/sore (tired) eyes
13. Earwax
14. Excessive sweating (hyperhidrosis)
15. Head lice
16. Indigestion and heartburn
17. Infrequent constipation
18. Infrequent migraine
19. Insect bites and stings
20. Mild acne
21. Mild dry skin
22. Sunburn
23. Sunburn protection
24. Mild to moderate hay fever/seasonal rhinitis
25. Minor burns and scalds
26. Minor conditions associated with pain, discomfort and/fever. (e.g. aches and sprains, headache, period pain, back pain)
27. Mouth ulcers
28. Nappy rash
29. Oral thrush
30. Prevention of dental caries
31. Ringworm/athletes foot
32. Teething/mild toothache
33. Threadworms
34. Travel sickness
35. Warts and verrucae

Items of limited clinical effectiveness

- Probiotics
- Vitamins and minerals