

How to help manage symptoms with medicines at home

1 What symptom?

Anxiety

Feeling sick and/or vomiting

Pain

Rattly breathing

Restlessness

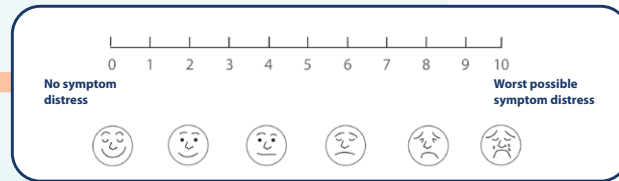
Seizures

Shortness of breath

Troubling visions, sounds, thoughts

Other

2 How distressing is it?



3 What medicine?

5 Fill in the Medicines diary

4 Give the medicine



6 Wait 20 minutes



7 Fill in the Medicines diary

If you need help Service name: T: