NHS
Kent and Medway

NHS
Kent Community Health
NHS Foundation Trust

In 2025/26 NHS Kent and Medway spent:

- **£2.4 million** on minor pain and fever medicines
- **£46,000** on cold and flu remedies
- **£40,000** on products for sore throat

Treatments for coughs, colds, and sore throat are freely available to purchase at supermarkets, convenience stores and local pharmacy and do not require a prescription.

By choosing self-care when appropriate, you can help the NHS save money for the treatment and services that people need most.