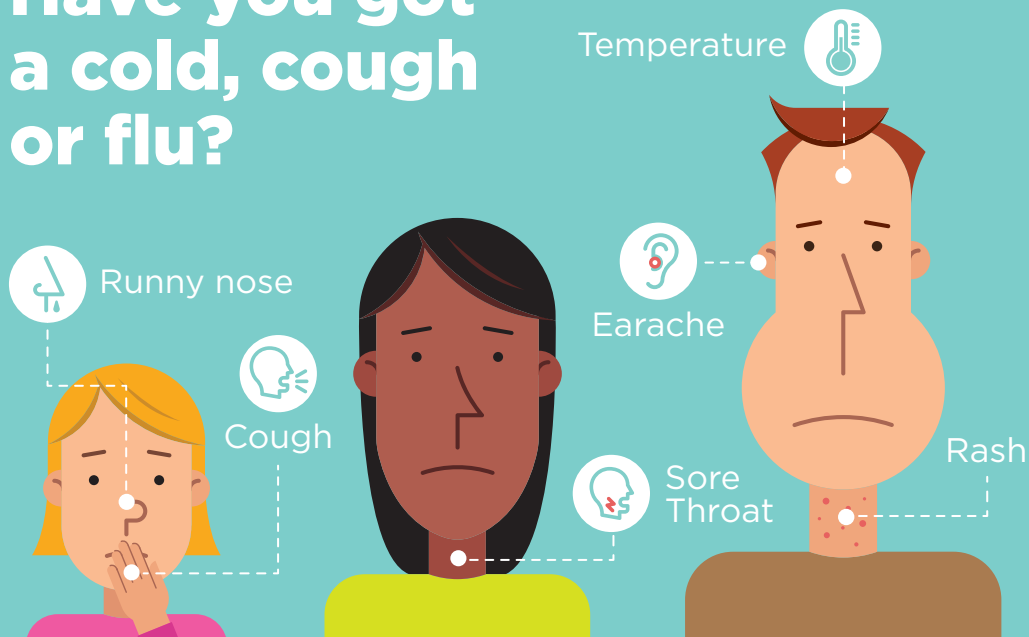


Have you got a cold, cough or flu?



Here's how to treat it...

What's wrong with me?

You have been diagnosed with an illness such as a cold, cough, flu, sore throat or earache.

Will I get an antibiotic?

Your body will fight the illness itself, so we are not prescribing an antibiotic for you. Antibiotics do not cure these illnesses. Taking antibiotics when they are not needed also puts you at risk of side effects such as a rash, upset stomach or diarrhoea. There are things you can do to feel better.

What can I do to feel better?

- Take paracetamol or ibuprofen if you have headaches, pain and fever.
- Use a saline (salt) nasal spray if your nose is blocked up.
- Take plenty of rest and don't do too much work or exercise.
- Drink plenty of water or hot drinks.
- Ask your pharmacist for more advice on over-the-counter medicines.

undertheweather.ie

Get advice and get better

