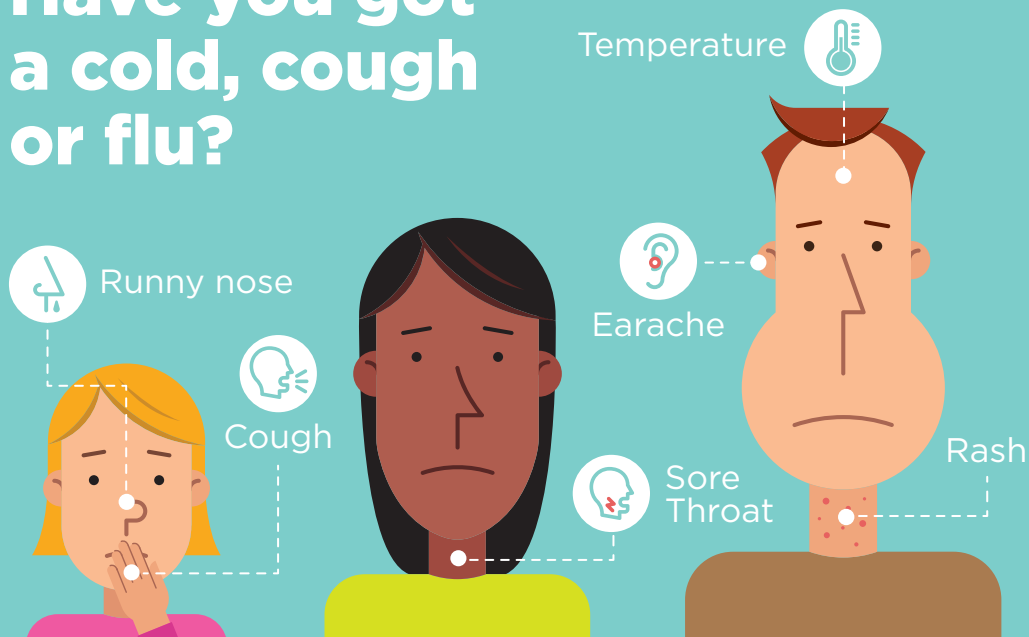


Have you got a cold, cough or flu?



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.

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Is there anything else I can take to feel better?

Take the following medicine:

Follow the advice from your doctor, pharmacist or the instructions on the packaging.

How long will these illnesses last?

Each one is different but the average is as follows:

- **Ear infection:** around 4 days.
- **Sore throat:** around 1 week.
- **Common cold (runny nose):** around 1½ weeks.
- **Sinus infection:** around 2½ weeks.
- **Cough (which often happens after a common cold):** around 3 weeks.

What happens if I don't feel better?

If you do not feel better in days or if you get new symptoms or have other concerns, please call us or to the surgery for a follow-up appointment.

Signed: Dr.

Under the Weather is a HSE website that gives you practical advice on how to look after yourself or a child through a common illness such as coughs, colds, rashes, fevers, sore throats, earaches and tummy bugs.

It has videos and advice from GPs and pharmacists.



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