

When will I feel better?



Speak to your pharmacist first for advice on what is best for you.

Symptoms can last longer than you think:

Ear infection: at least 4 days

Flu: 2 weeks

Sore throat: 1 week

Nasal congestion: 2½ weeks

Cold: 1½ weeks

Cough: up to 3 weeks

Remember antibiotics DO NOT help common winter ailments.

Visit www.treatyourselfbetter.co.uk for more information, advice and warning signs to look out for which may suggest you do need a GP appointment or medical attention.

