When will feel better? Self Care Forum Helping people take care of themselves



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: 21/2 weeks
Cold: 1 ¹ / ₂ 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.

