

# 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](http://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.