When will I feel better?

Symptoms can last longer than you think:

- Ear infection: at least 4 days
- Sore throat: 1 week
- Cold: 1½ weeks
- Flu: 2 weeks
- Nasal congestion: 2½ weeks
- Cough: up to 3 weeks

Remember antibiotics **DO NOT** help common winter ailments.

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

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.