Is your medicine cabinet fit for the winter?

Most common winter ailments, such as colds, sore throat, cough, sinusitis or painful middle ear infection (earache) can't be treated with antibiotics.

What works instead?

Rest, drink plenty of fluids, take pain relievers, such as paracetamol or ibuprofen, and talk to your pharmacist for advice on getting the relief you need.

How long can I expect to suffer?

- Middle ear infection – 4 days
- Sore throat – 1 week
- Cold – 1.5 weeks
- Sinusitis – 2.5 weeks
- Cough – 3 weeks

What should I do now?

Ask your pharmacist what medicines should be in your cabinet to help get you and your family through the winter season.



Self Care Forum
Helping people take care of themselves

Where can I get more information?

Ask your doctor for a Factsheet on your condition or visit www.treatyourselfbetter.co.uk for more information on how to treat yourself without antibiotics.