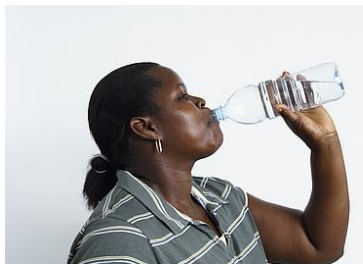


Get better without using antibiotics



How should I treat my cold?

Drink plenty of fluids and rest.

Medicines that you can buy over the counter, like paracetamol, can help. Ask a pharmacist for advice.

If your cold lasts more than three weeks, see your doctor.



Why are my children always getting coughs and colds?

It's very common for children to get coughs and colds. Ask your pharmacist for advice.

If the cough or cold doesn't get better and you are concerned, see your doctor. You shouldn't expect to get antibiotics.



Why shouldn't antibiotics be used to treat coughs and colds?

All colds and most coughs and sore throats are caused by viruses.

Antibiotics do not work against infections caused by viruses.

Viral infections are more common than bacterial infections.



How long will my illness last?

- An ear infection usually lasts 4 days.
- A sore throat can take 1 week to get better.
- A cold can take 1½ weeks to get better.
- A cough can take 3 weeks to get better.



When should you go to your GP practice or contact NHS 111?

1. If you have a very bad headache and are sick.
2. If your skin is very cold or a strange colour or you get a rash.
3. If you feel confused or very sleepy or you slur when you talk.
4. If you find it hard to breathe.
5. If you have chest pain.
6. If you find it hard to swallow or are drooling.
7. If you cough up blood.

If you have one of the symptoms above you should contact a medical professional straight away.

Further information can be found at www.nhs.uk/antibiotics

This leaflet is based on information from Get Well Soon without Antibiotics leaflet, NHS Choices & The Royal College of General Practitioners Antibiotic Information Leaflet