

How to get the right relief for your cold, sore throat, earache or cough

Your doctor or pharmacist can provide reassurance and treatment advice. By explaining how you feel and why you need their help you can make sure you get the best treatment quickly.

We're all different... and so are our symptoms

When you talk to your doctor or pharmacist, be prepared to share facts about your illness, symptoms and concerns. Take this checklist with you.

What are your symptoms?

Fever

Sinus pain

Blocked nose

Runny nose

Cough

Lost voice

Headache

Earache

Sore throat

Difficulty swallowing

Achy limbs

Other symptoms: _____

Other symptoms: _____

How long have you had these symptoms?

..... hours days weeks

DID YOU KNOW?

1-3 weeks duration is normal for many cold and flu symptoms



Have you taken any action already?

.....



Have you taken any other medicines?

.....



Do you have an existing medical condition?

.....

Why are you visiting your doctor or pharmacist?

- To find out if my symptoms are serious
- To know when I'll get better
- To get relief from my symptoms
- To get better quickly
- I believe I need antibiotics
- To understand why I feel ill
- I was told to come back if I didn't get better
- Other reason e.g. to get a medical certificate (please state why)

.....



DID YOU KNOW?

Antibiotics will not relieve the symptoms of most colds, sore throats, earaches or coughs, and do not speed up recovery. If you take antibiotics you can be at risk of carrying resistant bacteria for up to one year and it could be harder to treat other infections in the future



How to get the best from your visit to the doctor...

- Ask for reassurance about the natural course of your illness
- Find out how long your symptoms could last
- Visit them if symptoms worsen, last longer than expected or new symptoms develop



How to get the best from your visit to the pharmacy...

- Ask for advice on what is the best treatment plan to help relieve your symptoms
- Let them know if you prefer specific types of medication e.g. lozenges, nasal sprays, inhalants, tablets, syrups
- Ask them if you need to see a doctor

Your pharmacist or doctor can recommend fast, effective medicines for your symptoms while your body fights the infection