

# Ears, nose and throat

Pain or soreness; runny nose; swollen tonsils

## How can I ease my symptoms?

- Get plenty of rest until you feel better
- Take pain relief if you need to (follow the instructions carefully)
- Drink plenty of fluids
- For coughs, try honey and cough medicines
- For sore throats, try medicated lozenges
- For an outer ear infection, apply local heat (such as a warm flannel)

## How long could my infection last?

- **Cough:** 21 days
- **Sore throat or earache:** 7-8 days
- **Common cold:** 14 days
- **Sinus infection:** 14-21 days