

Chest

Cough; shortness of breath; green or yellow mucus

How can I ease my symptoms?

- Get plenty of rest until you feel better
- Drink plenty of fluids
- For coughs, try honey and cough medicines. A pharmacist can help to choose a product, especially as not all cough and cold remedies are suitable for younger children

How long could my infection last?

- **Cough:** 21 days