

How to treat a cold

You can manage cold symptoms yourself by following some simple advice. You'll normally start to feel better within 7 to 10 days.

General advice

Until you're feeling better, it may help to:

- **drink plenty of fluids** to replace those lost from sweating and having a runny nose
- **get plenty of rest**
- **eat healthily**

Over-the-counter cold medications

The main medications used to treat cold symptoms are:

Painkillers – such as paracetamol and ibuprofen, which can help relieve aches and a high temperature (fever)

Decongestants – which may help relieve a blocked nose

Cold medicines – containing a combination of painkillers and decongestants

Always read the patient information leaflet that comes with your medicine before taking it, and follow the recommended dosage instructions. If you're not sure which treatments are suitable for you or your child, speak to a pharmacist for advice.

Visit your Pharmacy

If you have a common health problem, a trip to your local pharmacy is an option.

Your pharmacist may be able to help with:

Skin conditions, such as mild acne and mild eczema. Coughs and colds, including nasal congestion and sore throat

- minor cuts and bruises
- constipation and haemorrhoids (piles)
- hay fever and allergies
- aches and pains, such as headaches, earache
- indigestion, diarrhoea and threadworms
- period pain and thrush
- warts and verrucas, mouth ulcers and cold sores
- athlete's foot
- back pain



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What is self care?

Self care means looking after your-self in a healthy way, whether it's brushing your teeth, taking medicine when you have a cold, or doing some exercise.

Living a healthy lifestyle is an important part of self care for everyone.

Self care includes any intentional actions you take to care for your physical, mental and emotional health. Good self care is a

challenge for many people. Self care is unique for everyone. In this leaflet you will find some ideas to get you started in developing your own self care plan. It can be overwhelming to consider taking on many new things. It may be helpful to start with a couple of ideas and build on that.

Healthy Eating

When it comes to a healthy diet, balance is the key to getting it right. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

To have a healthy balanced diet people should try to eat:

- ✓ plenty of fruit and vegetables
- ✓ plenty of starchy foods, such as bread, rice, potatoes and pasta
- ✓ some meat, fish, eggs, beans and other non-dairy sources of protein
- ✓ some milk and dairy foods
- ✓ just a small amount of food and drinks that are high in fat and/or sugar

Try to choose a variety of different foods from the four main food groups.

Drink plenty of water

It's easy to overlook, but choosing healthier drinks is a key part of getting a balanced diet.

It's important to stay hydrated

Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth. Plain tea, fruit tea and coffee (without added sugar) can also be healthy.

